

Garam Masala

Garam Masala has a part to play in most Indian curries, owing to a beautiful combination of spices that are used in its making.

The word 'garam' means warm/hot and 'masala' is the word for spices. Garam masala is made by using spices that tend to increase your internal body temperature, hence the name. It is used in small quantities, more as a flavouring than the main spice that creates a dish.

Ingredients:

- 4 tbsp Coriander seeds
- 4 tbsp Cumin seeds
- 6-7 Green cardamom pods
- 1-2 Black cardamom pods
- 2 inch cinnamon stick
- 1-2 star anise
- 3-4 bay leaves
- 15-20 black peppercorns
- 1-2 mace flowers
- 1 nutmeg

Method:

Dry roast each ingredient individually on medium flame.

After 2 minutes, you should be able to smell the flavours of each spice, which is an indication that it needs to be taken off the heat. Remove it to a bowl and allow to cool.

Over-cooking them will make them bitter, which in turn will affect the taste of your garam masala.

Once all the spices have cooled down, blend them to a fine powder. Save your freshly ground Garam Masala in an air-tight jar.

If you would like a finer texture, pass the masala through a fine sieve, and blend grainy bits once more.

