

# Garam Masala Spice Blend



*Use this seasoning blend in place of a store-bought blend when making your favorite Indian dishes. It's packed with robust flavor and allows you to control the amount of sodium in your recipes.*

<b>YIELD</b> <b>8 TBSP</b>	<b>PREP TIME</b> <b>10 MIN</b>	<b>TOTAL TIME</b> <b>10 MIN</b>
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## INGREDIENTS

¼ cup	Cumin, whole
¼ cup	Coriander, whole
2 tsp	Whole Peppercorns
1 tsp	Caraway Seeds, whole
1 tsp	Cloves, whole
1 tsp	Fennel Seeds, whole
1 tsp	Turmeric, ground
8 each	Dried Chilies, any variety
2 each	Bay Leaf
2 each	Cardamom Pods, whole
1 each	Cinnamon Stick

## DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Heat a medium sauté pan over medium-low heat. Once the pan is warm, add all of the whole spices (everything except turmeric powder).
3. On low heat, toast the spices for 2-3 minutes, until fragrant. Stir spices constantly to avoid burning.
4. Remove the spices from the heat and allow to cool completely. If the pan is too hot, be sure to remove the spices from the pan and place the spices in a separate container to stop the cooking process. Burnt spices aren't tasty!
5. Be sure that your spice or coffee grinder is clean and dry. Add all of the whole spices and turmeric powder to the grinder or mortar and pestle and grind to a fine powder. You may need to pulse the mixture periodically when using a grinder to ensure that all the seeds are evenly ground and combined.
6. Place the spice blend into an air-tight container and store in the pantry for a few months.

## CHEF'S NOTES

The dried chilies can be substituted for 1 Tbsp of red pepper flakes; however, both are an optional addition, depending on how much heat you like.

This blend is easy to put together using spices that are likely already in your pantry. If you don't have cardamom pods, substitute ½ tsp ground cardamom.

Make this recipe in bulk to keep on hand for a quick and tasty flavor boost for curries, stews, and roasted meat and vegetables – the advance effort will be worth the delicious flavor!

## EQUIPMENT NEEDS

Rubber Spatula  
Small Airtight Jar  
Medium Size Pan  
Spice/Coffee Grinder or Mortar and Pestle

# Nutrition Facts

8 servings per container

**Serving size** 1 Tbsp (11g)

**Amount Per Serving**

**Calories** 40

**% Daily Value\***

<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 15mg	<b>1%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	<b>4%</b>
Vitamin D 0mcg	0%
Calcium 90mg	6%
Iron 4.9mg	25%
Potassium 160mg	4%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

