

Garam Masala

1 1/2 tablespoons cumin seeds

1 1/2 tablespoons coriander seeds

1 tablespoon peppercorns

1 1/2 teaspoons cardamom seeds

1/2 teaspoon cloves

1/2 3-inch cinnamon stick, broken into bits

2 Indian bay leaves, broken into bits

1/2 teaspoon grated nutmeg

Heat a small skillet over medium high heat. Add all the spices except the nutmeg. Toast, shaking the pan until the spices release their aroma and turn dark brown – about 2 to 3 minutes. Remove from the heat and stir in the nutmeg, and then cool completely. Grind to a fine powder in a spice grinder and store in an airtight jar.

Yield: 1/4 cup

Recipe by chef Amanda Cushman