

## Making your own Garam Masala

Garam Masala is an essential ingredient for adding a fragrance to curries. It is generally added towards the end of cooking, although some recipes may add it at an earlier stage.

Although garam masala can be purchased ready made in packets, making your own is more satisfying and will have a stronger aroma.

Here is an example of garam masala, although this isn't the definitive recipe – everybody has their favourite way of making it, and you can vary it to taste.



### Ingredients:

- 2 tsp of coriander seeds
- 1 tsp of cumin seeds
- 1 tsp whole cloves
- 3 to 4 bay leaves
- 2 green cardamom pods
- 4 black cardamom pods (optional)
- 1 tsp black peppercorns
- 1 freshly grated nutmegs
- 6cm to 7cm cassia bark or cinnamon bark, if cassia is not available.

### Method:

1. Crush the cardamom pods and remove the seeds.
2. Break the cassia or cinnamon bark into small pieces
3. Tear the bay leaves into smaller pieces
4. Put all ingredients except the grated nutmeg into a heavy based pan heated on a low heat.
5. Roast slowly for about 5 - 10 minutes, shaking to make sure they don't burn. Don't be tempted to turn the heat up to make them cook more quickly!
6. Remove from the heat and add the grated nutmeg and mix well.
7. Grind all the ingredients in a coffee grinder / spice grinder or a mortar and pestle (although this will make a much coarser mix)
8. Small amounts will keep up to a month in an airtight container. It will store for longer, but gradually lose its flavour.