

Garam Masala

*Spice By The Bay, Vegetarian Cuisine
www.spicebythebay.com*

*6 cloves Mace
1/4 cup black peppercorns
3 tablespoons Whole cloves
4 sticks cinnamon sticks
1/3 cup cardamom
1/2 cup cumin seed
2/3 cup coriander seed
1/2 teaspoon Ajwain seeds
1/2 teaspoon Ground ginger
2 tablespoons Ground nutmeg
2 large bay leaf, whole
1/4 cup fennel seeds
1/2 teaspoon saffron threads
3 tablespoons dried Rose petals
Used in a variety of vegetable, rice and curry preparations.*

Pan roast the spices on the stove. Keep the heat low and stir every 5 mins for atleast 15 mins.

Cool the toasted spices and grind until they are reduced to powder.

Sift through fine seive. Store in dry sealed container away from heat and light.

Blend of dry-roasted and ground spices

Per Serving (excluding unknown items): 1131 Calories; 49g Fat (31.0% calories from fat); 36g Protein; 209g Carbohydrate; 87g Dietary Fiber; 0mg Cholesterol; 247mg Sodium. Exchanges: 13 1/2 Grain(Starch); 1/2 Lean Meat; 9 Fat.