

# garam masala



## ingredients

- 1 cinnamon stick, broken into small pieces
- 2 tsp whole green cardamom pods
- 3 brown or black cardamom pods
- 4 tsp whole cloves
- 4 tsp mace blades
- 4 tsp black peppercorns
- 4 tsp fennel seeds
- 3 tez pat (Indian bay leaves)
- 1 tsp freshly grated nutmeg

preparation time: 5 minutes  
cooking time: 20 minutes  
chilli rating: mild

difficulty Level: easy

## method

Heat a small saucepan over low heat. Separately dry-roast the cinnamon pieces, cardamom pods, cloves, mace, peppercorns, fennel seeds and bay leaves until fragrant and only lightly coloured. (Make sure the heat is not too intense as the spices must not overbrown or burn.)

As each spice is roasted, place in a bowl. Let all the spices cool. Then add the grated nutmeg, mix thoroughly and place in an airtight container until ready to use. The spices will store in the refrigerator for up to 1 year.

Just before using, grind all the spices to a powder in a spice grinder.

## Ajoy's tips

click ['what is garam masala, dad?'](#) to read Ajoy's blog on garam masala.

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