

Garam Masala, Mild

9 T Coriander Seeds
6 T Cumin Seeds
3 T Black Peppercorn
3 T Cardamom Pods
3 T Fennel Seeds
2 T Mustard Seeds
2 T Fenugreek Seeds

2 T Ground Cinnamon (or 2 Cinnamon Sticks)
2 T Ground Nutmeg
1 T Cloves
6 Bay Leaves
3 Star Anise (optional)

Toast the Spices: In a dry skillet over med. heat, add the coriander seeds, cumin seeds, black peppercorns, cardamom pods, cloves, fennel seeds, mustard seeds, fenugreek seeds, cinnamon sticks (if using), bay leaves, and star anise (if using). Toast the spices, stirring frequently, until they become fragrant and slightly darker in color (about 3 – 5 minutes). Be careful not to burn them.

Cool the Spices: Remove the skillet from heat and let the spices cool completely.

Grind the Spices: Once cooled, transfer the toasted spices to a spice grinder or a mortar and pestle. Grind them into a fine powder. If you used whole cinnamon sticks, you can grind them, or you can add ground cinnamon at this stage instead. I prefer to grind my cinnamon sticks.

Mix in Ground Spices: If using pre-ground nutmeg, add it to the ground spice mixture and mix well.

Store the Blend: Transfer the Garam Masala to an airtight container and store it in a cool, dry place.