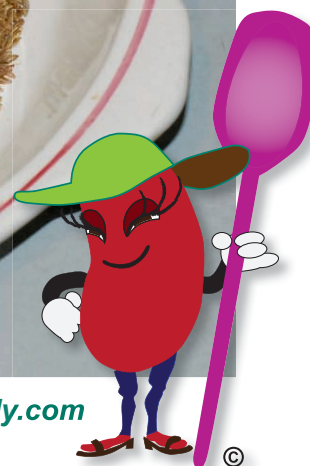


# Beans, Rice And Everything Nice

## Garam Masala



[beansriceeverythingnice.weebly.com](http://beansriceeverythingnice.weebly.com)

### Ingredients

*makes about 3/4 cup*

- 1/4 cup whole cumin seeds
- 1/4 cup whole coriander seeds
- 3 cinnamon sticks
- 1 teaspoon whole black peppercorns
- 1 teaspoon whole cloves
- 10 black cardamom pods
- 12 dried curry leaves

1. Heat a heavy-bottomed saucepan over medium heat and dry toast the cumin seeds, stirring frequently, until darkened and aromatic. Place them on a plate to cool and dry toast the coriander seeds until also darkened and aromatic. Add the toasted coriander seeds to the plate with the cumin seeds and toast the cinnamon sticks.
2. Once the seeds and cinnamon are cool, add them to a blender jar along with the peppercorns, cloves, whole black cardamom pods and curry leaves. Break up the cinnamon sticks into little shards. Blend into a fine powder. Store in a glass mason jar or a reused spice bottle with a tight-fitting lid. The recipe makes about 3/4 cup. Use in small amounts, 1/4 to 1/2 teaspoon, near the end of cooking to brighten up the aroma and flavour of the spices in any Indian dish.