Garam Masala

by Bhaktivedanta Hospital - Diet Dept.

"Krishna is very kind. Therefore, He has given us his remnants of food stuff"

Ingredients

Corriander seeds (Dhania)	100gm
Pepper (Meeri)	5gm
Cinnamon (Dalchini)	5gm
Cumin seeds (Jeera)	5gm
Cloves (Lavang)	5gm
Caraway seeds (Shahijeera)	5gm
Lichen (Dagadphool)	5gm
Mace (Jayapatri/ Avithri)	5gm
Fenugreek seeds (Methi)	5gm
Asafoetida (Hing)	5gm
Poppy seeds (Khuskhus)	5gm
Aniseed (Saunf / Badishep)	5gm
Cardamom (Elaichi)	5gm
Mustard seeds (Mohri)	5gm

Preparation :

Lightly roast each ingredient separately in a dry frying pan.

Mix all the ingredients and grind in a mixer to make a fine powder.

Store in a dry air tight container.

For further details please contact : vaidehi_nawathe@sify.com

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