



## Garam Masala

Cinnamon, cardamom, cumin, coriander, ginger, garlic, fennel, black pepper, salt, cayenne pepper, turmeric, cloves, mace & bay leaves

**Uses:** Meats, fish, vegetables, soups, curries, stews and lentils

**Meats:** Uses as a rub on your choice of beef, chicken or pork. Mix two to four teaspoons of Masala with two tablespoons oil (peanut works best due to its tolerance to heat) rub over meat on both sides and wrap in plastic wrap or place in an airtight container for a minimum of 30 minutes or up to 24 hrs. Remove from refrigerator 30mins. and allow to rest on counter before baking and or grilling.

**Fish:** Use on fish as a rub. Melt one tablespoon of butter (not margarine) or substitute vegetable oil and add ½ to 1 teaspoon of Masala. Mix and gently rub into fish on both sides. Grill, bake or fry. For an extra treat try using ½ can coconut milk to one tablespoon Masala (or more) chop up some fresh cilantro and add on whole cinnamon stick and one whole bay leaf let mixture sit for four hours then add fish and allow to marinate for one to four hours. Remove fish from marinade and grill or bake for a delicious meal. You can reserve a little marinade before adding the fish and add it to your favorite rice before cooking. Just be sure to substitute the coconut milk quantity for the water so your rice does not come out mushy.

**Vegetables:** Garam Masala can be added to any baked, grilled or stir-fried vegetables. It works best with squashes, carrots and potatoes. Add a pinch to your

vegetables while cooking and taste the difference. If you are grilling add the Masala to your marinade and make sure to coat each piece before grilling.

**Soups, stews and curries & lentils:** Weather you are cooking a vegetable soup or a meat stew add some Masala to it. It will add a zing to any pot. Try adding one tablespoon then adjust to your desired taste. For lentils just add the Masala when you add the water and allow the flavors to merge.