

Garam masala (Punjabi style)

YOU NEED

20 g coriander seed

15 g cumin

6 g black pepper

5 g green cardamom (pods)

4 g black cardamom (2 to 3 pods)

3 g cloves

5 g cinnamon and cassia (broken sticks)

1 g indian bay leaf (2 leaves)

1 g nutmeg (a quarter of one)

1 g mace (1 blade)

METHOD

1. Dry-roast the whole spices on low heat for 3 to 5 minutes, stirring, until fragrant.
2. Spread on a plate to cool completely.
3. Grind to a fine powder and sieve if you like.

Tip: Makes about 61 g. Best within two to three months in an airtight jar.

Chaat masala

YOU NEED

20 g cumin (roasted)

10 g coriander seed (roasted)

15 g dry mango powder (powder)

15 g black salt (powder)

4 g black pepper

2 g dry ginger (powder)

1 g carom seeds

2 g dried mint (dried)

½ g asafoetida (a pinch)

2 g red chilli powder

METHOD

1. Dry-roast the cumin and coriander until darker and fragrant; cool.
2. Grind with the pepper, ajwain and dried mint.
3. Mix in the powders.

Tip: Makes about 72 g. Keeps two to three months; it clumps in humidity.

Chai masala

YOU NEED

15 g green cardamom

5 g cloves

8 g cinnamon and cassia

6 g black pepper

15 g dry ginger (powder)

4 g fennel seed (optional)

1 g nutmeg (a little)

METHOD

1. Lightly warm the whole spices in a dry pan for a minute.
2. Grind with the dry ginger powder.

Tip: Makes about 54 g. Keeps three months.

Tandoori masala

YOU NEED

15 g kashmiri chilli (powder)

10 g coriander seed

8 g cumin

3 g black pepper

2 g cloves

3 g cinnamon and cassia

2 g green cardamom

4 g dry ginger (powder)

3 g dried fenugreek leaves

2 g turmeric

3 g dry mango powder

METHOD

1. Roast the whole spices lightly and cool.
2. Grind and mix with the powders and crushed kasuri methi.

Tip: Makes about 55 g. Keeps about three months.

Sambar powder

YOU NEED

- 40 g coriander seed
- 20 g dried red chillies (about 15 to 20)
- 10 g split chickpeas (for tempering)
- 5 g split black gram (for tempering)
- 5 g cumin
- 3 g fenugreek seed
- 3 g black pepper
- 2 g curry leaves (a handful, dried in the pan)
- 3 g turmeric (powder)
- 1 g asafoetida

METHOD

1. Roast each ingredient separately until fragrant; the dals should turn golden.
2. Cool completely and grind with the turmeric and hing.

Tip: Makes about 92 g. Keeps three to four months.

Rasam powder

YOU NEED

- 30 g coriander seed
- 12 g black pepper
- 10 g cumin
- 10 g dried red chillies
- 5 g split chickpeas (for tempering)
- 2 g curry leaves
- 2 g turmeric (powder)

METHOD

1. Dry-roast everything except the turmeric until fragrant.
2. Cool and grind coarsely.

Tip: Makes about 71 g. Keeps three months.

Panch phoron

YOU NEED

10 g cumin

10 g fennel seed

10 g nigella seeds

10 g mustard seed

10 g fenugreek seed

METHOD

1. Mix the whole seeds and store.
2. To use, fry a teaspoon in hot oil until the seeds pop.

Tip: Makes about 50 g. Keeps a year.

Goda masala

YOU NEED

30 g coriander seed

15 g dried coconut (dried, grated)

8 g sesame seeds

5 g cumin

3 g cinnamon and cassia

2 g cloves

2 g black pepper

1 g stone flower

1 g indian bay leaf

3 g dried red chillies

METHOD

1. Roast the coconut and sesame until golden, separately.
2. Roast the remaining spices with a few drops of oil.
3. Cool and grind together.

Tip: Makes about 70 g. Keeps about two months because of the coconut.

Biryani masala

YOU NEED

10 g coriander seed

6 g black cumin

6 g green cardamom

3 g black cardamom

3 g cloves

5 g cinnamon and cassia

2 g star anise

2 g mace

1 g nutmeg

1 g indian bay leaf

4 g black pepper

2 g dried rose petals (dried, optional)

1 g stone flower (optional)

METHOD

1. Roast gently until fragrant, cool and grind fine.

Tip: Makes about 46 g. Keeps two months.

Pav bhaji masala

YOU NEED

15 g coriander seed

8 g cumin

4 g fennel seed

3 g black pepper

2 g cloves

3 g cinnamon and cassia

2 g black cardamom

10 g kashmiri chilli (powder)

6 g dry mango powder

2 g dry ginger

METHOD

1. Roast the whole spices and cool.

2. Grind and mix with the chilli, amchur and dry ginger.

Tip: Makes about 55 g. Keeps three months.

Chole masala

YOU NEED

- 15 g coriander seed
- 8 g cumin
- 8 g dried pomegranate seeds
- 3 g black cardamom
- 3 g black pepper
- 2 g cloves
- 3 g cinnamon and cassia
- 1 g indian bay leaf
- 4 g dry mango powder
- 3 g red chilli powder
- 2 g dried fenugreek leaves

METHOD

1. Roast the whole spices and anardana until dark and fragrant.
2. Cool and grind with the powders.

Tip: Makes about 52 g. Keeps three months.

Chettinad masala

YOU NEED

- 15 g coriander seed
- 8 g black pepper
- 5 g fennel seed
- 4 g cumin
- 8 g dried red chillies
- 2 g star anise
- 2 g stone flower
- 2 g kapok buds
- 3 g cinnamon and cassia
- 2 g cloves
- 2 g green cardamom

METHOD

1. Roast in a little oil until fragrant.
2. Grind, or grind fresh with roasted coconut for a paste.

Tip: Makes about 53 g. Keeps two months.

Malvani masala

YOU NEED

25 g dried red chillies

20 g coriander seed

5 g black pepper

4 g cumin

3 g fennel seed

2 g cloves

3 g cinnamon and cassia

1 g nutmeg

1 g stone flower

3 g turmeric (powder)

METHOD

1. Roast the chillies and whole spices separately.
2. Cool and grind with the turmeric.

Tip: Makes about 67 g. Keeps three months.

Jaljeera masala

YOU NEED

20 g cumin (roasted)

15 g black salt

10 g dry mango powder

5 g dried mint (dried)

4 g black pepper

3 g dry ginger

½ g asafoetida (a pinch)

METHOD

1. Roast the cumin and grind with the rest.

Tip: Makes about 58 g. Keeps three months.

Dhansak masala

YOU NEED

15 g coriander seed

8 g cumin

4 g black pepper

2 g fenugreek seed

4 g cinnamon and cassia

2 g cloves

2 g green cardamom

1 g star anise

5 g dried red chillies

2 g turmeric

1 g nutmeg

METHOD

1. Roast lightly, cool and grind.

Tip: Makes about 46 g. Keeps three months.

Milagai podi (gunpowder)

YOU NEED

30 g split black gram (for tempering)

20 g split chickpeas (for tempering)

15 g dried red chillies

10 g sesame seeds

1 g asafoetida

2 g curry leaves (optional)

3 g jaggery (a little)

METHOD

1. Roast the dals until golden, then the chillies and sesame.

2. Cool and grind coarsely with salt, hing and jaggery.

Tip: Makes about 81 g. Keeps two months.

Kashmiri masala (ver style)

YOU NEED

20 g fennel seed (powder)

10 g dry ginger (powder)

15 g kashmiri chilli (powder)

3 g black cardamom

2 g green cardamom

2 g cloves

3 g cinnamon and cassia

3 g cumin

METHOD

1. Grind the whole spices and mix with the powders.
2. Traditionally the mix is bound with mustard oil and dried as small cakes called ver.

Tip: Makes about 58 g. Keeps three months as a powder.

Curry powder (British-Indian style)

YOU NEED

20 g coriander seed

10 g cumin

10 g turmeric (powder)

3 g fenugreek seed

3 g mustard seed

3 g black pepper

3 g dry ginger

5 g red chilli powder

2 g cinnamon and cassia

1 g cloves

METHOD

1. Roast the whole spices, cool and grind with the powders.

Tip: Makes about 60 g. Keeps three months.