



# PARVEEN'S INDIAN KITCHEN

## PARVEEN'S GARAM MASALA



### INGREDIENTS

- 4 tbsp coriander seeds
- 2 tbsp cumin seeds
- 10 cloves
- 2 tbsp black peppercorns
- 1 cinnamon stick, broken into pieces
- 4 black cardamom pods
- 6 dried bay leaves

### METHOD

1. Place the black peppercorns into a pestle and mortar then bash to break then transfer to a non-stick frying pan, add in the rest of the spices then dry-fry over a high heat for approximately 2 minutes, enjoy the delicious aroma as the flavours are released.
2. Transfer the toasted spices onto a tray and allow to completely cool down.
3. Place into a coffee grinder and blend until you have a powder-like consistency - don't forget to ensure you wash it really well afterwards!
4. Such a versatile spice blend you'll be so glad you made it - enjoy!

*Parveen*  
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