



## MASALA RECIPES

### Recipes for Masalas used in Chicken Soola Kebabs and Tandoori Whole Fish

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### *Chaat Masala (used in Chicken Soola Kebabs recipe)*

#### INGREDIENTS

3 tbsp cumin seeds	1 tbsp freshly ground black pepper
3 tbsp coriander seeds	Pinch of asafoetida powder
1 tsp chilli powder	1 tbsp dried mint (optional)
4 tbsp amchoor (dried mango powder)	1 tbsp garlic powder
3 tbsp powdered black salt	1 tsp ajwain (carom) seeds

#### METHOD

Roast the cumin and coriander seeds in a dry frying pan over a medium heat until warm to the touch and fragrant, moving them around in the pan as they roast and being careful not to burn them. If they begin to smoke, take them off the heat. Tip onto a plate to cool. Grind the roasted seeds to a fine powder in a spice grinder or pestle and mortar. Add the remaining ingredients and grind some more until you have a very fine powder.

Store in an airtight container in a cool, dark place and use as needed, within 2 months for optimal flavour.

### *Tandoori Masala (used in Tandoori Whole Fish recipe)*

#### INGREDIENTS

3 tbsp coriander seeds	1 tbsp ground ginger
3 tbsp cumin seeds	2 tbsp finely ground garlic powder
1 tbsp black mustard seeds	2 tbsp dried onion powder
5cm (2in) piece of cinnamon stick or cassia bark	2 tbsp amchoor (dried mango powder)
Small piece of mace	1 tbsp (or more) red food colouring powder (optional)
3 dried Indian bay leaves (cassia leaves)	

#### METHOD

Roast the cumin and coriander seeds in a dry frying pan over a medium heat until warm to the touch and fragrant, moving them around in the pan as they roast and being careful not to burn them. If they begin to smoke, take them off the heat. Tip onto a plate to cool. Grind the roasted seeds to a fine powder in a spice grinder or pestle and mortar. Add the remaining ingredients and grind some more until you have a very fine powder.

Store in an airtight container in a cool, dark place and use as needed, within 2 months for optimal flavour.

### *Garam Masala (used in Tandoori Whole Fish recipe)*

#### INGREDIENTS

6 tbsp coriander seeds	cinnamon stick or cassia bark
6 tbsp cumin seeds	5 dried Indian bay leaves (cassia leaves)
5 tsp black peppercorns	20 green cardamom pods, lightly bruised
4 tbsp fennel seeds	2 large pieces of mace
3 tsp cloves	
7.5cm (3in) piece of	

#### METHOD

Roast all the spices in a dry frying pan over a medium-high heat until warm to the touch and fragrant, moving them around in the pan as they roast and being careful not to burn them.

If they begin to smoke, take them off the heat. Tip the warm spices onto a plate and leave to cool, then grind to a fine powder in a spice grinder or pestle and mortar.

Store in an airtight container in a cool, dark place and use within 2 months for optimal flavour.