

GARAM MASALA

Garam masala is a blend of ground spices, originating from South Asia, common in Indian, Pakistani, Nepalese, and Bangladeshi, cuisines. It is used alone or with other seasonings and can actually vary by region.

One of the most common Indian variants contains the spices: black and white pepper, cloves, cinnamon, mace, cardamom, bay leaves and cumin. While there are other versions of the spice blend, this one is the one you'll probably find in the shops. Other recipes will often contain extra ingredients such as herbs, but almost all versions will contain cumin.

Garam masala was developed as a way to keep you warm. The name 'Garam masala' literally means 'hot spice'. Garam masala has been found to help speed up your metabolism. This is why it is such a warming spice; having a fast metabolism can help to raise your body temperature.

Garam masala adds warmth, sweetness, floral notes, and a touch of heat from the black pepper. It is intended to be a fragrant spice as well as flavorful. While cumin, coriander, and turmeric may remind you of curry, garam masala is generally not firey hot.



Garam Masala is made up of black peppercorns, mace, cinnamon, cloves, black cardamom, nutmeg, and green cardamom.

GARAM MASALA POTATO GRATIN

20 min prep — 1 hour cook — 6 servings



INGREDIENTS

- 2 1/3 lbs potatoes
- 1 lb sweet potatoes
- 1 3/4 cup double cream
- 1 1/2 cup hot vegetable stock
- 2 large cloves garlic
- 2 tbsp garam masala
- 1/2 cup sharp Cheddar
- 1/4 cup Parmesan cheese
- 1 spring onion, finely sliced

INSTRUCTIONS

1. Preheat the oven to 360°F.
2. Peel the potatoes and place them whole, in a large bowl of cold water.
3. Slice the potatoes into 1mm thick rounds, either by hand or using a mandoline. Once all of the potatoes are sliced, quickly move on to the next step.
4. Pile the potatoes into a large pot. Add the garlic, cream, vegetable stock and garam masala. Stir well and bring to a gentle simmer.
5. Cook the potatoes and cream mixture uncovered for 10-12 minutes, or until a fork pierces a potato slice easily. Be sure not to over cook or the potatoes will turn to mush. Whilst simmering, use a spatula to tease and separate any potatoes that might have stuck together.
6. Spoon the potatoes into a large baking dish.
7. Top the gratin with grated Cheddar and Parmesan. Bake uncovered in a preheated oven for 45-50 minutes until the top is golden and bubbling. Garnish with sliced spring onions.
8. Allow the gratin to stand at room temperature for around 20 minutes before serving. This will give the sauce and potato starches time to thicken.

MULLIGATAWNY SOUP

*Prep Time: 15 min –
Cook Time: 40min – 6 servings*



INGREDIENTS

- 1/4 cup butter (or olive oil for vegan)
- 1 yellow onion, chopped
- 1 carrot, peeled and diced
- 1 red jalapeno, seeded and diced
- 3 garlic cloves, minced
- 2 small firm apples, peeled, cored and diced
- 1 (14.5 oz) can diced tomatoes

(continued)

-
- 2 tsp peeled and minced ginger root
 - 2 tbsp curry powder
 - 1 tbsp garam masala
 - 1 tsp ground coriander
 - 1/2 tsp dried thyme
 - 1/2 tsp cayenne pepper (optional)
 - 1/2 cup red lentils (uncooked)
 - 3 cups chicken or vegetable broth
 - 2/3 cup canned unsweetened coconut milk
 - Salt and black pepper to taste
 - Roasted cashews for garnish
 - Chopped cilantro and/or scallions for garnish

INSTRUCTIONS

1. Melt the butter in a large pot or Dutch oven over medium-high heat. Add the onion, carrot, and jalapeno, then saute for 4 to 5 minutes or until the onions have softened.

INSTRUCTIONS (continued)

2. Add the garlic, ginger, apples, and diced tomatoes to the pot. Saute for another 3 minutes, then add in all of the spices and toss to coat.
3. Add in the lentils and broth and let the contents come to a boil. Turn the heat down to medium-low and simmer uncovered for 30 minutes.
4. Puree about 75% of the ingredients using either an immersion blender or by transferring a portion of the contents to the bowl of a standard blender. Leave some of the chunks whole, as it adds a nice texture and consistency to the soup. Return the soup to the pot if needed, then stir in the coconut milk. Taste, and adjust salt and black pepper as needed.
5. Serve topped with cashew and scallions along with naan bread for dipping.

GARAM MASALA- CHOCOLATE GINGERBREAD

30 min prep — 12 min bake
— Makes 3 dozen



INGREDIENTS

- 2/3 cup Dutch-processed cocoa powder
- 1 teaspoon baking soda
- 3/4 teaspoon fine salt
- 1 1/2 teaspoons garam masala
- 12 tablespoons unsalted butter, at room temperature (1 1/2 sticks)
- 3/4 cup light brown sugar
- 1 tablespoon freshly grated ginger

(continued)

- 1 large egg, lightly beaten
- 1/2 cup molasses
- 3 cups all purpose flour, plus for dusting
- Toasted fennel seed, dried rose petals and gold or silver dragees, for garnish

INSTRUCTIONS

1. Combine the flour, cocoa powder, baking soda, salt, and garam masala in a large bowl. Set aside.
2. Add the butter to the bowl of a stand mixer fitted with a paddle (or in a large bowl if using a hand mixer). Beat on medium-high speed until the butter is smooth, about 1 minute. Add the sugar and ginger; continue to beat over medium-high speed until light and fluffy, about 4 minutes. Scrape down the sides of the bowl and beat in the egg until fully incorporated. Add the molasses and continue to beat until fully incorporated. Add the flour in 2 batches and mix on low until combined and forms a sticky dough. Divide the dough in half, wrap in plastic wrap, and pat into 2 (1/2-inch thick) rectangles. Chill for at least 2 hours and up to overnight.

INSTRUCTIONS (continued)

3. Preheat the oven to 350 degrees F and adjust racks to the bottom and top half of the oven. Line 3 to 4 baking sheets with parchment paper. Lightly dust a clean work surface with flour.
4. Roll each portion of the dough into a 1/4-inch thick rectangle (if the dough becomes soft, chill for a bit in the refrigerator). Cut the dough with 3-inch cookie cutters, lay on the prepared baking sheets about 1-inch apart, and chill for 10 minutes. Bake until the cookies are golden around the edges, about 12 minutes. Transfer to a rack to cool completely.
5. Decorate, as desired, with Chocolate Glaze or Royal Icing. Garnish with toasted fennel seeds, dried rose petals, or silver dragees.

CHOCOLATE GLAZE:

6 ounces bittersweet chocolate, chopped
1 1/2 tablespoons unsalted butter
3 tablespoons corn syrup
3 tablespoons water

- ◆ Combine all the ingredients in a microwave-safe bowl, cover with plastic wrap, and cook until the chocolate melts, about 1 1/2 minutes. Stir to smooth out and combine.

ROYAL ICING:

1 1/2 tablespoons egg white powder
3 cups confectioners' sugar
4 tablespoons water

- ◆ Combine all the ingredients in a medium bowl. Beat with an electric hand mixer over medium-high speed until it forms thick and glossy peaks, about 6 minutes.