




Curry Spice Mix


2 tablespoons coriander seeds 

8 cardamom pods 

2 tablespoons mustard seeds 

$\frac{1}{2}$ teaspoon black peppercorns 

2 tablespoons cumin seeds 

1 teaspoon chili flakes 

2 tablespoons ground turmeric 

In a medium-hot skillet (dry - no oil) toast the coriander, cardamom, mustard seeds, peppercorns and cumin till fragrant - about 1 minute. Combine the toasted spices in a mortar and pestle, add the chili flakes and turmeric and grind to a powder. Makes approximately $\frac{1}{2}$ cup.