



Ras el Hanout

Ingredients

- 1 tsp./5ml cumin seeds
- 1 tsp./5ml ground ginger
- 1 tsp./5ml ground nutmeg
- 1 tsp./5ml Turmeric
- 1 tsp./5ml fennel seeds
- 2 tsp./10ml ground cinnamon
- 1 tsp./5ml smoked paprika
- 1 tsp./5ml chili flakes (optional) if you like it more spicy add 1 tsp. cayenne
- 1 tsp./5ml black pepper
- 3- 4 star anise
- ½ tsp./2.5ml ground cloves
- Seeds from 10 cardamom pods
- 1 tsp./5ml dried rose petals



Method

1. Dry roast the cumin, coriander, peppercorns, fennel and star anise. Cool and mix with the rest of the ingredients. Blend in a blender or grind in a pestle and mortar until fine.

Notes:

You may want to put the mix through a sieve to remove any larger bits before storing. Store like all herbs in a cool dark place well sealed with a label.

Source: Recipe by Kate Waters