

# Garam Masala

Garam (“hot”) Masala (“blend of spices”) is a blend of ground spices used extensively in Indian cooking. While “garam” means “hot”, it is referring to the intensity of the spices, not the capsaicin content. Don’t worry, garam masala won’t burn you.

You can buy a garam masala blend in most grocery stores, but the commercial blends are usually just cinnamon, cloves, and pepper, with very little, or perhaps none, of the more expensive spices such as cardamom.

Probably every family in India has a house blend for garam masala. Here is the one I found that I like best.

- 1 Tbsp cumin
- 1 Tbsp coriander
- 2 tsp black pepper
- 2 tsp cardamom
- 1 tsp cloves
- 1 tsp cinnamon

I normally make a triple batch and then store it in a sealed glass spice jar.