

*Spice Up Your Spring!*

Maynard Library

Spice Club

*GARAM MASALA*

## **SPICE INFORMATION**

Garam masala is a complex medley of spices including sweet cinnamon, spicy heat from peppercorns, tanginess from coriander, earthy cumin, and fragrant cardamom. The phrase translates to “warming mixture of spices”. Because the heat usually comes from black pepper instead of chili peppers, garam masala is not spicy hot.

There is no single garam masala recipe, rather the ingredients change from family to family, and according to region and cook. In Northern India, garam masala will be aromatic and mild, while the farther south you travel in India, the hotter the spices will become. The most common type of garam masala originated from Northern India, where cold winters called for spices with a warming quality. The spice is used in most regions of India as well as in Pakistan and Iran and the Caribbean.

The blend often includes cinnamon sticks, green cardamom pods, black peppercorns, coriander seeds, cumin seeds, mace and bay leaves. The blend in your kit is from Debra’s Natural Gourmet and contains (in order of most to least) cardamom, cinnamon, cloves, cumin, black pepper, coriander.

Garam masala is often used as a finishing spice in Indian cuisine, added in the final moments of cooking to enhance the perfume of dishes like biryani, curries like tikka masala or matar paneer, or lentil stews. Some cooks choose to add it twice: once during the main cook, and once at the end before the heat is turned off.

What’s the difference between garam masala and curry powder? Both garam masala and curry powder are Indian spice blends used to add flavor and color to dishes. They have many spices in common, but garam masala tends to have a stronger, sharper and more complex flavor. Garam

masala generally does not include turmeric but turmeric tends to be a primary ingredient in curry powder.

<https://www.myspicer.com/curry-powder-vs-garam-masala-powder/>

<https://www.masterclass.com/articles/garam-masala-recipe-by-madhur-jaffrey>

<https://www.masterclass.com/articles/what-is-garam-masala-homemade-garam-masala-spice-blend-recipe-and-how-to-cook-with-garam-masala>

<https://www.thepioneerwoman.com/food-cooking/cooking-tips-tutorials/a34908301/what-is-garam-masala/>

This document can be found at <https://www.maynardpubliclibrary.org/spice>

## RECIPES

### Madhur Jaffrey's Garam Masala

Time: 5 min Makes About ¼ cup

#### INGREDIENTS

- 2 cinnamon sticks (2 inches each), broken into pieces
- ½ whole nutmeg, broken into shards with a meat pounder
- 1 Tbsp green cardamom seeds (if using pods, crush in a mortar and pestle and discard the outer shells)
- 1 tsp black cumin
- 1 tsp whole black peppercorns
- 1 tsp whole cloves



#### INSTRUCTIONS

Combine all of the spices in a clean coffee grinder or spice grinder. Pulse first, and then grind until you have a fine powder. Transfer the powder to an airtight container. Store in a cool, dark place.

### Healthy Garam Masala Popcorn

<https://thetoughcookie.com/2014/01/03/healthy-garam-masala-popcorn/>

#### INGREDIENTS

- 1 Tbsp of sunflower oil
- 1 tsp of garam masala
- 50g (or ¼ cup) unflavored popcorn kernels

## INSTRUCTIONS

1. Add the oil to a medium-sized pan with two handles. Heat over medium-high heat, stirring occasionally, until the oil is hot but not smoking.
2. Add the garam masala and popcorn kernels, stir them around with a wooden spoon to coat with the garam masala, then cover with a lid.
3. Put on some oven mitts, and gently start sliding the pan back and forth over the stove, making sure the lid doesn't fly off in the process. After about a minute or so, the first kernel will pop. Keep sliding the pan over the heat (lifting and shaking the pan every now) until the popping slows down (to about 1 pop every 2 seconds), then take the pan off the heat. Serve immediately!



## African Peanut Soup

<https://www.food.com/recipe/african-peanut-soup-515278?scale=4>

Time: 50 mins Serves: 4 This can easily be made vegetarian by omitting the chicken.



### INGREDIENTS

- 4 cups low sodium chicken or vegetable broth
- 1 cup coconut milk
- 1 14 1/2 oz can diced tomatoes
- 1 Tbsp diced garlic
- 1/2 Tbsp extra virgin olive oil
- 3/4 lb chicken tenderloins, cut into bit sized pieces
- 1 med potatoes, diced
- 1/2 med sweet potato, diced
- 1/2 cup baby carrots, cut in thirds on the diagonal
- 1/2 large yellow sweet onion, diced
- 1/2 Tbsp garam masala
- 1/2 tsp ground cayenne pepper (optional)
- 1/4 cup creamy peanut butter
- 1/2 tsp salt, to taste
- 1/2 tsp white pepper, to taste (black pepper can be used)

### DIRECTIONS

1. Heat olive oil in the pan, add onions and minced garlic.
2. As soon as the onions begin to sweat, add chicken. Turn up heat to medium-high and brown the chicken.
3. Add potatoes, sweet potato, and carrots. Cook for 2 minutes, stirring.
4. Add diced tomatoes, garam masala, and coconut milk.
5. Reduce heat and simmer for 5 minutes, then add broth. Add salt and pepper, to taste.
6. Bring to boil, reduce heat to low and simmer for 20 minutes (until potatoes are tender).
7. Add peanut butter and simmer on low for 5 additional minutes.

8. You can carefully mash a couple of the potatoes to thicken soup if you want to serve over rice or just ladle the soup into a bowl and dip a nice crusty bread. Enjoy!
9. Optional: Garnish with something green and fresh, like sliced green onions, cabbage, parsley and/or add chopped peanuts.

## Chilled Persian Yogurt Soup with Caramelized Onions

<https://www.junedarville.com/persian-yogurt-soup.html>

Total Time: 1 hr Servings: 2

### INGREDIENTS

- 7 oz unsweetened yogurt
- 1 ½ cups vegetable stock
- 3.5 oz canned chickpeas, drained
- ½ tsp garam masala
- 1 lb onions, sliced
- ½ tsp ground cumin
- ¼ tsp turmeric
- 1 Tbsp raisins
- 1 Tbsp pine nuts
- half a handful fresh cilantro chopped
- half a handful fresh mint chopped
- 2 Tbsp unsalted butter
- 1 large garlic clove, sliced
- 2 Tbsp olive oil
- chili powder and salt, to taste



### INSTRUCTIONS

1. Add olive oil, sliced garlic and onion to a large non-stick pan. Season with a pinch of salt.
2. Place the pan over medium-high heat and gently fry the onions on the oil for 5 to 7 minutes until they start to soften. Stir regularly. Then add the unsalted butter. Season with garam masala, ground cumin, ground curcuma, a pinch of chili powder and salt.
3. Stir and let the butter melt fully. Then put a lid on the pan. Turn the heat a little lower and cook the onions for about 15 minutes. Stir regularly, don't let them burn. They should be slightly caramelized in the end.
4. In the meantime, heat the vegetable stock in a high pan for 5 minutes and add the raisins. Then turn the heat back off and let the raisins soak.
5. Once the onions are cooked, add them (with the melted butter) to the stock Add the drained chickpeas.
6. Stir and let the soup cool down for 15 minutes or the yogurt will split. Add yogurt and the freshly chopped cilantro and mint.
7. Stir well. Check the seasoning and add extra chili powder, garam masala, cumin or salt to taste if necessary. Chill the soup in the fridge for another 10 minutes. Serve with pine nuts and herbs.

## Creamy Braised Chard with Garam Masala

<https://www.silkroadcatering.com/single-post/2017/05/05/creamy-braised-chard-with-garam-masala>

Use this recipe to make a variation of Eggs Benedict (Florentine)



### INGREDIENTS

2 bunches chard  
1/4 cup ghee or butter  
1 Tbsp garam masala  
1 tsp salt  
1 cup heavy cream

### INSTRUCTIONS

Sauté chard in ghee until wilted. Add garam masala and salt, continue to sauté. Add heavy cream, reduce heat to low, simmer 20 minutes.

## Easy Chana Masala

<https://minimalistbaker.com/easy-chana-masala/>

TOTAL TIME 30 minutes Servings 6

### INGREDIENTS

3 Tbsp grape seed oil (or coconut oil)	1 Tbsp ground coriander
1 med white or yellow onion, finely diced	1 tsp chili powder
1 Tbsp ground cumin	1 tsp ground turmeric
3/4 tsp sea salt, divided	1 28 oz can pureed or finely diced tomatoes
6 cloves garlic, minced	2 15 oz cans chickpeas, slightly drained
2 Tbsp fresh ginger, minced	1 tsp garam masala
1/2 cup fresh cilantro, chopped	2-3 tsp sugar
2-3 fresh green chilies, sliced	2 Tbsp lemon juice (plus more to taste)

### INSTRUCTIONS

1. Heat a large pot over medium heat. Add oil, onion, cumin, and one-third of the salt.
2. Add garlic, ginger, cilantro, and green chilies to a mortar and pestle and grind into a rough paste (or use a small food processor to pulse into a paste.) Add to the pan with the onions.
3. Add the coriander, chili powder, and turmeric and stir to coat. Add a little more oil at this point if the pan is looking dry.
4. Add pureed tomatoes and chickpeas and remaining salt. If needed, add up to 1 cup water to make a semi-thick.
5. Bring to a rolling simmer, then reduce heat to low and simmer (uncovered) for 15-20 minutes, or until thick. Stir occasionally.

6. When the chana masala is thickened and bubbly, taste and adjust seasonings as needed, adding more salt, chili powder, or a bit of sugar.
7. Remove from heat and add lemon juice and garam masala. Stir to mix, then let cool slightly before serving. Garnish with chopped cilantro and lemon juice, if desired. Serve on its own, or over rice.
8. Leftovers will keep covered in the refrigerator up to 4 days, or in the freezer up to 1 month.



## Aloo Gobi - Potatoes & Cauliflower

<https://www.cookwithmanali.com/aloo-gobi/#wprm-recipe-container-36171>

Total Time 30 mins Servings 2

### INGREDIENTS

- |   |   |
|---|---|
| 2 med potatoes, sliced or cubed           | 1/2 tsp dry mango powder (amchur, or lemon juice) |
| 1 med cauliflower, cut into small florets | 1/4 tsp cayenne or to taste                       |
| 1 med onion, chopped                      | 1/4 tsp garam masala                              |
| 2 med tomatoes, chopped                   | 1 tsp ground coriander                            |
| 1/2 tsp cumin seeds                       | 3-4 tsp oil                                       |
| 1 1/2 tsp ginger-garlic paste             | 2 Tbsp chopped cilantro                           |
| 1/2 tsp turmeric powder                   | salt to taste                                     |

### INSTRUCTIONS

1. Heat 2 tsp of oil in a pan on medium heat. Add cauliflower florets and fry for 2-3 minutes and then add the sliced potatoes. Fry on medium-low flame for 7-8 minutes till potatoes and cauliflower have some brown spots on them. Drain on a paper towel and set aside.
2. In the same pan, heat 1.5 tsp of oil on medium heat and add cumin seeds and let them crackle. Add the onions and cook for 2 minutes till translucent. Add the ginger-garlic paste and cook for another 2 minutes or till the raw smell goes away. Add the chopped tomatoes and cook for 2 minutes till they are little soft. Add turmeric, cayenne, ground coriander and amchur (mango powder).

3. Cover the pan and let cook 2-3 minutes. Add the potatoes and cauliflower and mix. Add chopped cilantro leaves and mix.
4. Add garam masala and cook the potato and cauliflower on medium-low heat for 5-6 minutes. Add salt, cover the pan and cook more additional 6-7 minutes on low flame or till the potato and cauliflower are tender but not soggy. Add 1 T of water at a time if the masala is sticking.
5. Garnish with some more cilantro leaves and serve hot with any Indian bread.

## Roasted Potatoes with East Indian Spices

<https://www.jocooks.com/recipes/roasted-potatoes-with-east-indian-spices/>

Total time 1 hour

### INGREDIENTS

- 2 Tbsp olive oil
- 2 pounds small red potatoes (halved)
- 1 tsp mustard seeds
- 1/2 tsp red chili flakes
- 2 tsp fresh ginger (minced)
- 5 garlic cloves (minced)
- 1/2 jalapeno (seeded and minced)
- 1 tsp salt
- 1 tsp ground turmeric
- 1/2 tsp garam masala
- 1/2 cup fresh cilantro (chopped)
- 1/2 cup mint (chopped)
- 1 Tbsp fresh lime juice
- 6 lime wedges



### INSTRUCTIONS

1. Preheat oven to 400 F degrees. Coat a large baking dish, that's at least 9×13 inches with the cooking spray.
2. Combine 1 Tbsp of the olive oil with the potatoes and toss to coat; set aside.
3. Heat remaining 1 Tbsp olive oil, mustard seeds, chili pepper seeds in a small skillet over medium-high heat; cook about a minute until seeds begin to pop. Reduce heat to medium-low. Add ginger, garlic and jalapeno to skillet; cook about 1 minute, stirring constantly. Add in the salt, turmeric, garam masala and cook for another minute, stirring occasionally.
4. Pour spice mixture over the potatoes and toss to coat. Arrange potatoes in a single layer in the prepared baking dish.
5. Bake for 40 minutes or until potatoes are tender and browned. Stir in chopped cilantro and mint. Drizzle with lime juice.
6. Serve with lime wedges.

## Onion Masala Paratha

<https://chetnamakan.co.uk/onion-masala-paratha/> (has video, Chetna was on the Great British Baking Show early on)

Serves 4



### INGREDIENTS

2 1/3 cups chapati flour (or 1/2 wholegrain and 1/2 white flour)  
1/2 tsp salt  
1/2 tsp cayenne pepper  
1 tsp roasted cumin seeds crushed lightly  
Handful fresh chopped cilantro  
1 very small red onion, finely chopped  
1 tsp garam masala  
3/4 cup water  
Melted butter or oil for cooking

### DIRECTIONS

1. Mix the ingredients except the water together in a bowl. Slowly add the water and mix through by hand a little at a time until the dry ingredients are combined.
2. Knead the dough, cover and leave to rest for at least 10-15 minutes.
3. If not using immediately, it will keep in the fridge for up to 3 days (remove half an hour before cooking).
4. Take one lemon-sized portion, roll in some flour and then roll out to a flat circle.
5. Melt some butter and spread over the top of the dough.
6. Fold into a triangle (in half, then half again) and dip in flour again. Roll out thinly.
7. Put in a hot pan and cook until it starts to bubble up, turn over to cook the other side.
8. Add some ghee or butter and fry lightly.
9. Flip, add butter or ghee and fry again.
10. Serve with a curry or dhal, rice and salad or on their own with extra butter, or as wraps.

## Whole Wheat Masala Bread

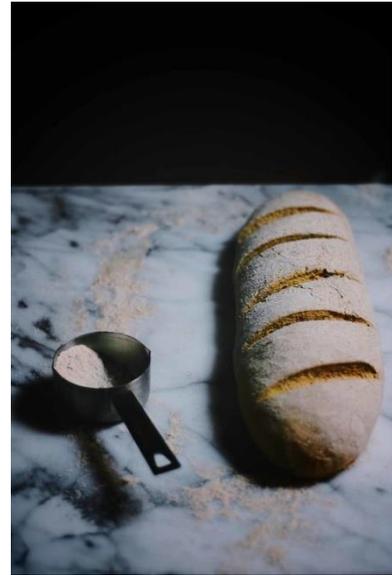
<https://niksharmacooks.com/whole-wheat-masala-bread/> (has gorgeous photography)  
(adapted from "The New Artisan Bread in Five Minutes" by Jeff Hertzberg and Zoë François)  
Yields: one 10 inch loaf

### INGREDIENTS

1 tsp turmeric	1 tsp granulated yeast
1 tsp garam masala	1 tsp sugar
1 tsp dried oregano	1 lb whole wheat flour + extra flour for dusting
1 tsp lime zest, fresh	cornmeal or parchment paper for baking
1 1/2 cups water, heated to 100F	
1 tsp kosher sea salt	

### Kitchen Tips:

- Use cornmeal or semolina to keep things from sticking. If you don't have either of those use parchment paper.
- A pizza peel is helpful when it comes to moving the resting loaf, again parchment paper can be used a substitute here to moving the unbaked loaf.
- Pizza stones are a great way to get even baking when it comes to bread. However, you can also use a baking sheet lined with parchment paper.
- Once you toss the water onto the metal baking sheet in the oven and shut the door, DO NOT open the door to check the bread until the end stage of baking. The steam is important to creating a good crust on the surface of the bread loaf.



### DIRECTIONS

1. Mix the turmeric, garam masala, oregano and lime zest in a small bowl and keep aside until ready to use.
2. Add the salt, yeast and sugar to the water and stir.
3. Place the flour in a large mixing bowl. Make a well in the center and pour the liquid mixture into the center. Stir with a wooden spoon or with your hands until almost combined. Toss in the spice mixture from earlier and combine until it forms one large sticky ball of dough.
4. Cover the dough (not airtight), allow the dough to rest at room temperature for about 2 hours. The dough will rise and collapse. (You can keep the dough in an oiled bowl to rise).
5. On a clean surface, using wet hands quickly shape the dough into a ball by stretching the surface of the dough around to the bottom on all four sides rotating the ball, a quarter turn, as you proceed. Shape into one 10 inch-oval loaf.
6. Lightly dust the loaf with a little flour. Using a sharp serrated bread knife, make 5-6, half-inch cuts along the length of the loaf. Allow to rise for one hour, uncovered on a pizza peel covered with a little cornmeal or on a sheet of parchment paper.
7. Place a place a wire rack in the middle of the oven. Then place a pizza stone on the rack. Place a second wire rack with a metal baking sheet (don't use glass) on the bottom shelf of the oven. Preheat the oven to 400F.
8. After the bread has risen for 1 hour, generously sprinkle cornmeal on the surface of the heated pizza stone.
9. Carefully transfer the loaf using the pizza peel or parchment paper onto the hot stone. Pour a cup of tap water (at room temperature), onto the lower baking sheet, immediately shut the oven door. Bake for about 20-25 minutes until the surface of the loaf is firm to touch and deeply browned on the surface.
10. Once the bread is baked, remove from oven and allow to cool on a wire rack. Slice the bread with a sharp serrated knife and enjoy!

## Slow Cooker Indian Butter Chicken

<https://damndelicious.net/2019/05/03/slow-cooker-indian-butter-chicken/>

Prep: 20 minutes Cook: 4 hours Yield: 6 servings



### INGREDIENTS

- 1 cup basmati rice
- ½ cup chicken stock
- 1 6-oz can tomato paste
- 2 tsp yellow curry powder
- 1 tsp garam masala
- 1 tsp ground turmeric
- 1 tsp kosher salt
- ½ tsp freshly ground black pepper
- 2 pounds boneless skinless chicken thighs, cut into 1-inch chunks
- ½ sweet onion, diced
- 3 cloves garlic, minced
- 1 Tbsp freshly grated ginger
- ½ cup heavy cream
- 2 Tbsp freshly squeezed lime juice
- 1 ½ tsp light brown sugar

### INSTRUCTIONS

1. In a large saucepan of 2 cups water, cook rice according to package instructions; set aside.
2. In a small bowl, whisk together chicken stock, tomato paste, curry powder, garam masala, turmeric, salt and pepper.
3. Place chicken, onion, garlic and ginger into a 4-qt slow cooker. Stir in chicken stock mixture.
4. Cover and cook on low heat for 4 hours. Stir in heavy cream, lime juice and brown sugar; season with salt and pepper, to taste.
5. Serve immediately with rice.

## Meatballs in Eggplant Stew with Garam Masala

<https://www.silkroadcatering.com/single-post/2017/05/05/meatballs-in-eggplant-stew-with-garam-masala> This recipe takes patience, but it's well worth the wait!

### MEATBALLS

- 1lb ground beef or lamb
- 1 egg
- ½ large onion, shredded
- 2t each garlic paste & grated ginger
- 1T garam masala

- 2t salt
- 3T ghee

## STEW

2T ghee

2C onion, minced

2T ea garlic & ginger, minced

1T garam masala

1T turmeric

2c warm water

1 eggplant, peeled & cut into pieces ¼" x ¼" x 2"

2C coconut milk

## DIRECTIONS

1. Combine all meatball ingredients (minus ghee) and mix into a smooth & even paste.
2. Form golf-ball size meat-balls, then chill until ready for use.
3. Melt 2T ghee in sauté pan; add onions, ginger, garlic then sauté on low until translucent
4. Add Garam Masala & turmeric, sauté for less than a minute
5. Add warm water to sauce, simmer for 15 minutes until all water has evaporated and onions are caramelizing
6. Add eggplant, gently stir until eggplant is tender (5 min)
7. Add coconut milk and reduce heat to simmer, cook 30 minutes
8. While stew cooks, sauté meatballs in 3T ghee until brown on all sides, remove from heat
9. When stew is complete, transfer meatballs to stew.
10. Simmer for 15 minutes until meatballs are firm and cooked all the way through
11. Serve over rice

## Spicy Lamb Burgers with Sweet Tomato Chutney

<https://meerasodha.com/recipes/spicy-lamb-burgers-with-sweet-tomato-chutney/>

Serves: 4

## INGREDIENTS

For the burgers:

1 lb lean ground lamb

1 onion, very finely chopped

1.5 Tbsp of besan (chickpea flour)

1.5 Tbsp of grated ginger

2 cloves of garlic, minced

2 tsp of garam masala

1 green chili, finely chopped

3 Tbsp of fresh cilantro, finely chopped

3/4 tsp salt

A few grinds of the pepper mill

To serve: spinach leaves, burger buns, red onion and fresh tomatoes.

For the sweet tomato chutney

10 cherry tomatoes, quartered

100g soft brown sugar

1/2 tsp turmeric

1 dried red chili, deseeded and chopped

1 Tbsp olive oil

1 Tbsp grated ginger



## DIRECTIONS

### Burgers:

1. Add the onion, chili, cilantro, ginger, garlic, salt, garam masala, pepper to a medium bowl. Add the ground meat and mix thoroughly with your hands. Let the mixture to rest for 10 minutes.
2. Now, divide into eight balls and flatten into round patties with your hands. In a non-stick pan, heat a Tbsp of oil, add the patties and cook for 4 or 5 minutes on each side. Check that they are cooked through. Remove them from the frying pan and serve.

### Chutney:

In a small saucepan, add the oil, then the ginger and turmeric. Stir fry for a few seconds on a medium heat, then add the tomatoes and sugar. Stir occasionally for about 10 minutes until the sauce thickens. Transfer from the pan into a bowl and leave to cool and thicken – then lavishly slather it all over your burger.

## Indian-Style Roasted Eggplant Parmesan

<https://niksharmacooks.com/indian-style-roasted-eggplant-parmesan/>

### INGREDIENTS

- 2 large (each about 1 1/2 lb) globe eggplants, cut into 1/4 in/6 mm thick slices lengthwise
- Fine sea salt
- Grapeseed oil
- 2 Tbsp ghee or unsalted butter, softened to room temperature plus extra for greasing
- 1 tsp red pepper flakes (use a hot variety)
- 1 tsp ground turmeric
- 1 1/2 tsp garam masala, homemade or store-bought
- 1 large white or yellow onion, diced
- 6 garlic cloves, thinly sliced
- One 28 oz can crushed tomatoes
- 6 oz shredded mozzarella
- 1/4 cup grated Parmesan
- 2 Tbsp unsalted butter, cubed
- 1 Tbsp nigella seeds
- 2 Tbsp fresh basil leaves, torn



## INSTRUCTIONS

1. Preheat the oven to 400F. Line two baking sheets with parchment paper.
2. While the oven heats up, sprinkle a baking sheet with a bit of salt. Place the eggplant slices in one layer and sprinkle salt over the slices. Add the next layer of eggplant and sprinkle salt on top. Repeat until all the eggplant is salted. Leave on the kitchen counter for 30 minutes. Drain the liquid from the eggplant and rinse under running tap water; pat the slices dry with paper towels and transfer the slices to the two baking sheets lined with parchment paper. Brush the slices lightly with a bit of grapeseed oil, place in the preheated oven, and cook until the slices start to lightly brown, 20 to 30 minutes, rotating the trays halfway through during roasting.
3. While the eggplant sits with the salt, prepare the tomato sauce. Heat a medium saucepan over medium heat and add the ghee. Add the red pepper flakes and swirl the pan until the ghee turns light red. Add the turmeric and garam masala, and cook until fragrant, 30 to 45 seconds. Add the garlic and sauté until fragrant, 1 minute. Add the onions, and sauté until tender and translucent, 4 to 5 minutes. Fold in the crushed tomatoes and bring to a boil over medium-high heat. Reduce heat to a simmer and cook for 1 minute. Taste and season with salt or sugar if needed. Remove from the heat.
4. Grease an 8 in by 12 in baking dish at least 2 ½ in deep with a little ghee. Layer the base with one layer of eggplant. Cover the eggplant slices with enough tomato sauce and sprinkle the shredded mozzarella on top. Repeat with the next layer of eggplant, tomato sauce, and mozzarella until all the eggplant is used up. The top layer should be eggplant covered by the remaining tomato sauce. Sprinkle the remaining mozzarella on top of the tomato sauce. Sprinkle the parmesan all over and dot with the butter. Place the baking dish in the preheated oven for 30 minutes. Remove the pan from the oven; if there is excess liquid, draw some of the liquid out using a spoon from one of the corners. Sprinkle the nigella seeds over the top, rotate the baking dish halfway through, and return to the oven. Bake for an additional 15 minutes until the cheese starts to get golden brown on the sides. Remove from the oven and let sit for 10 minutes before serving. Garnish with the torn basil. Leftovers can be stored in an airtight container in the refrigerator for up to 5 days.

## Garam Masala Gingerbread Cookies

<https://www.housefulofmonkeys.com/garam-masala-gingerbread-cookies/>

Cook Time: 9 minutes   Chill Time: 30 minutes   Servings: 12 cookies

### INGREDIENTS

2 cups all-purpose flour

2 tsp baking soda

1 egg

⅓ cup unsalted butter melted

½ cup dark brown sugar packed

⅓ cup molasses

¾ tsp garam masala

1½ tsp vanilla extract

1 tsp cinnamon

1 tsp ground ginger

¾ cup white sugar plus more to roll cookies  
in before baking

## INSTRUCTIONS

1. Preheat oven to 375° Fahrenheit
2. Combine egg, butter (melted), white sugar, brown sugar, molasses, vanilla extract, garam masala, cinnamon, and ginger in a large bowl. Whisk to combine.
3. Add baking soda and all-purpose flour, and stir until combined.
4. Place dough on a length of plastic wrap, cover, and chill in the refrigerator for 30 minutes.
5. Divide dough into 12 equal pieces, and roll each one into a ball.
6. Roll each cookie in white sugar to coat it, then place on a baking sheet,
7. Bake for 9 minutes, rotating baking sheets halfway through. If you are cooking two sheets at the same time, swap places so the bottom sheet moves to the top for the second half of the cooking time.
8. Remove from oven and allow to cool complete before moving to a serving plate or storage container.



## ADDITIONAL RECIPES

This document can be found at <https://www.maynardpubliclibrary.org/spice>

<https://www.masterclass.com/articles/masala-rice-recipe> (Madhur Jaffrey)

<https://www.tarladalal.com/peanut-pakoda-shingdana-bhajiya-789r>

<https://www.tarladalal.com/makai-galouti-kebab-30877r>

<https://cookpad.com/us/recipes/14130825-persian-kabab> Needs conversion

<https://saffronandherbs.com/2022/09/14/meygoo-dopiyazeh/> Persian Prawn, pepper & curry

<https://www.tasteofhome.com/recipes/brown-rice-chutney-salad/>

<https://biancazapatka.com/en/red-lentil-dahl/>

<https://www.masterclass.com/articles/how-to-make-chicken-tikka-masala>

<https://www.indianhealthyrecipes.com/keema-recipe-mutton-keema-curry/>

<https://www.indianhealthyrecipes.com/chicken-biryani-recipe/>

<https://www.spiceupthecurry.com/mutter-paneer-matar-paneer/>

## SHARING RESULTS

Post a picture of your dish (huge success or epic fail!) on the library's social media (Facebook, Twitter and Instagram) [@maynardpubliclibrary](#) using [#maynardspiceclub](#).

We'll have a potluck buffet and discussion on Saturday, March 25 @ 12 pm. Feel free to use one of these recipes for your dish or find one on your own.

To see other food resources and register to receive email updates about kits and meetings, visit <https://www.maynardpubliclibrary.org/spice>. If you've registered for previous discussions, you don't need to register again.