

TANDOORI SPICE MIX

YIELD: 4 cups (64 1 TBSP servings)

Chef Ryan Eckles

Tandoori is an Indian spice mix highlighting deep earthy tones from the paprika, cumin, cinnamon, and cardamom. This is great seasoning for roasted meats and vegetables or in soups and stews. This recipe calls for toasting any whole spices before grinding them. Although not necessary, it will add a yummy toasted flavor element to the mix.

INGREDIENTS

- 1 ½ cups paprika
- ½ cup coriander, whole or ground
- ½ cup cumin, whole or ground
- ½ cup kosher salt
- ¼ cup black pepper, whole or ground
- ¼ cup sugar
- ¼ cup ginger, ground
- 1 TBSP + 1 tsp cinnamon, whole or ground
- 1 TBSP + 1 tsp cardamom, whole or ground
- 2 teaspoons cayenne pepper

DIRECTIONS

1. Toast whole spices in a dry pan over medium-high heat for 30–60 seconds stirring constantly. Let the toasted ingredients cool before grinding.
2. Grind spices until they form a powder.
3. Combine all ingredients until well mixed and store in an airtight container.

RECIPE NOTES

Nutritional information per serving*: 20 calories; 0.1 g sat. fat; 588 mg sodium; 4 g carbohydrate

** nutrient data and allergen information may vary depending on the specific ingredients and equipment used in your location.*