

BAHARAT SPICE MIX

YIELD: 5 1/3 cups (85 1 TBSP servings)

The word Baharat translates to spices but typically refers to a blend of spices commonly found in Arabic and Iraqi cooking and across the Gulf States. This is a sweet, warm, and earthy mix that pairs well with meats such as beef, lamb, and chicken, tomato sauces, roasted vegetables, and even desserts.

INGREDIENTS

- 1 ½ cup black peppercorns
- 1/3 cup whole cloves
- 1/3 cup cardamom seeds
- 1/3 cup cumin seed
- 1/3 cup coriander seeds
- 1/3 cup allspice berries
- 1.5 cups paprika
- 1/3 cup ground ginger
- 1/3 cup ground cinnamon
- 1/3 cup ground nutmeg

DIRECTIONS

1. Grind first six ingredients to a fine powder and combine with remaining spices. Mix and store in an airtight container in a cool, dry area.

RECIPE NOTES

Nutritional information per serving*: 22 calories; 0.23 g sat. fat; 4.24 mg sodium; 4.5 g carbohydrate

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