

Baharat aka

Kategorie: Kořenící směsi

Hodnocení: nezadáno

Počet porcí:

Náročnost: lehký

Autor: By: alAmira

Suroviny

For anyone who desires an authentic taste of the mid east. This recipe was learned by watching a good friend of mine in Jordan when she was grinding her family`s monthly supply

0,5 cup whole black peppercorn

0,25 cup whole coriander seed

0,25 cup cassia or cinnamon bark

0,25 cup whole cloves

0,3333333333333333 cup cumin seed

2 teaspoons whole cardamom seeds

4 whole whole nutmegs

0,5 cup ground paprika

Postup

1

Basically, just place all the spices except the paprika and nutmeg in a blender or adequate grinder and process until it becomes a powder.

2

If necessary you can grind 0,5 cup at a time.

3

Grate the nutmeg and blend this with the paprika into the spices.

4

Store in an airtight jar.

5

Generally in some areas, they lightly toast the spices in an oven to bring out more flavor.

6

You can gain this also by putting the amount you`re going to use, on a hot dry frypan and toast it for a few seconds before using.

7

This not only makes the kitchen smell good, but brings out a richer flavor of any spice.

8

Note You can also use ground spices, but using them whole is the authentic way.

9

Four nutmegs come to about 0,25 cup ground.

10

Be careful how much nutmeg you use; it`s toxic in large doses.

Poznámka

Jordánsko , střední východ