





### About the Author



I am Vaishali Parekh, a resident of Kolkata, India and a Graduate Nutritionist. My passion for health and nutrition and a natural love for cooking drove me to come up with the website [www.indian-cooking.info](http://www.indian-cooking.info) in the year 2007.

I perpetually keep on searching for new ideas and information related to cooking, health and nutrition. Wherever I go and whatever I do, my antennas are always alert for any whiff of something new and interesting. As soon as I get hold of an interesting piece of info, I process it and deliver it to my readers with the help of my site.

Most of the times I deliver info for free. But at times when the cost of acquiring specialized info is quite high, I am left with no other option but to charge my readers.

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<http://www.indian-cooking.info/HomeRemedies/eBook.htm>

*Vaishali Parekh*



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## All Spice Masala

### Ingredients :

✓ Dry Whole Sankeshwari Red Chilies – 200 gms	✓ Whole Cloves – 10 gms
✓ Dry Whole Reshampatti Red Chilies – 300 gms	✓ Caraway seeds – 10 gms
✓ Coriander Seeds – 125 gms	✓ Nutmeg – 1 whole
✓ Whole Turmeric Sticks – 50 gms	✓ Whole Green Cardamom – 10 gms
✓ Cumin Seeds – 50 gms	✓ Black Cardamom – 5 gms
✓ Black Mustard Seeds – 50 gms	✓ White Poppy seeds – 5 gms
✓ Sesame Seeds – 50 gms	✓ Mace - 5 gms
✓ Fennel Seeds – 50 gms	✓ Star Anise – 5 gms
✓ Fenugreek Seeds – 25 gms	✓ Stone Flower – 5 gms
✓ Whole Cinnamon sticks – 25 gms	✓ Bay Leaves – 5 gms
✓ Whole Black Peppercorns – 25 gms	✓ Asafoetida – 5 gms
	✓ Peanut oil – 2 tbsp

### Method :

- ❖ Remove the stalks from all dry red chilies.
- ❖ Smear with oil and dry in hot sunlight for 3-4 days or roast on slow flame till the aroma rises.
- ❖ One must be careful while roasting not to break the chilies because the aroma can lead to severe sneezing and coughing bouts.
- ❖ After this, roast each ingredient on slow flame separately till fragrant and



crisp. When cool grind to a fine powder and bottle.

- ❖ Keep in refrigerator for a long period.
- ❖ Use 2-5 tsp of this masala as required for different recipes. This is used for both Vegetarian and Non-Vegetarian dishes.

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## Aloo Dum Masala

### Ingredients :

✓ Dry Red Chilies – 500 gms	✓ Cassia Buds/Cobra's Saffron – 25 gms
✓ Coriander Seeds – 250 gms	✓ Caraway Seeds – 25 gms
✓ Fennel Seeds – 50 gms	✓ White Poppy Seeds – 25 gms
✓ Cumin Seeds – 50 gms	✓ Stone Flower – 25 gms
✓ Cinnamon Bark – 50 gms	✓ Fenugreek Seeds – 20 gms
✓ Black Mustard Seeds – 50 gms	✓ Cloves – 15 gms
✓ Turmeric Root – 25 gms	✓ Black Cardamom – 15 gms
✓ Asafoetida Chunks – 25 gms	✓ Star Anise – 15 gms
✓ Black Pepper Corns – 25 gms	✓ Mace – 10 gms
✓ Green Cardamom – 25 gms	✓ Nutmeg grated – 1 whole

### Method :

- ❖ Break the stems from the dry red chilies. Dry the red chilies in the sun till crisp. This takes a week.
- ❖ Break the turmeric roots and asafoetida chunks into small pieces and fry in a little oil. Keep aside till required.
- ❖ Dry roast each of the other ingredients in a wok till crisp and fragrant. Mix with the crisp dry red chilies, turmeric roots and asafoetida chunks.
- ❖ Grind to a fine Powder in a Mixer/Grinder and store in a dry airtight jar.
- ❖ This keeps for 1 year on the shelf.



## Home Made Masalas & Curry Powders

- ❖ A chunk of asafoetida would be kept on top to keep the powder fresh.

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## Biryani Masala

### Ingredients :

✓ Fennel Seeds – 25 gms	✓ Black Cardamoms – 5 gms
✓ White Poppy Seeds – 20 gms	✓ Star Anise – 5 gms
✓ Cumin Seeds – 15 gms	✓ Caraway Seeds – 5 gms
✓ Cinnamon Bark – 15 gms	✓ Bay Leaves – 5 gms
✓ Whole Cloves – 10 gms	✓ Mace Blades – 5 gms
✓ Green Cardamoms – 10 gms	✓ Nutmeg – ¼

### Method :

- ❖ Arrange each whole spice in order and keep ready for use.
- ❖ On a low flame, dry roast each spice till crisp and aromatic.
- ❖ When all of these have been dry roasted, mix and cool to room temperature.
- ❖ Grind to as fine a powder as much as possible and store in an airtight jar.
- ❖ This keeps for a month on the shelf.

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## Chai Masala

### Ingredients :

✓ Black Cardamom – 1 pod	✓ Carom Seeds (ajwain) – ¼ tsp (optional)
✓ Cardamom Seeds – of 25 pods	✓ Dried, Ground Ginger Powder – 1 tsp
✓ Cloves - 4	✓ Ground Cinnamon Powder – 1 tsp
✓ Fennel seeds – ½ tsp	
✓ Black Peppercorns – ¼ tsp	

### Method :

- ❖ Grind all the ingredients in a spice grinder until fine.
- ❖ Remove into a glass bottle & store in cool, dark place.

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## Chhole Masala

### Ingredients :

✓ Coriander seeds – 2 tbsp	✓ Black Cardamom – 3-4
✓ Dried Anardana (seeds of pomegranate), optional – 1 tbsp	✓ Cumin Seeds – 2 tsp
✓ Cinnamon – 1" piece	✓ Bay Leaf - 1
✓ Cloves – 4-5	✓ Whole Dry Red Chilies (optional) – 1 or 2
✓ Black Peppercorns – 1 tbsp	

### Method :

- ❖ Grind all the ingredients into a fine powder and store it in an airtight container.

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## Curry Powder

### Ingredients :

✓ Whole cumin seeds, roasted – 2 tbsp	✓ Whole Coriander Seeds, roasted – 2 tbsp
✓ Whole Cardamom Seeds, roasted – 2tbsp	✓ Ground Turmeric – ¼ cup
✓ Pepper – 1 tsp	✓ Dry Mustard – 1 tbsp

### Method :

- ❖ Place all ingredients in a container with an airtight lid.
- ❖ Shake to combine.
- ❖ Store in a cool dry place for up to 6 months.
- ❖ When ready to use, grind and add to dishes according to taste.

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## Fish Curry Masala

### Ingredients :

✓ Dry Red Chili – 500 gms or	✓ Whole Turmeric Sticks – 50 gms or
✓ Red Chili Powder – 500 gms	✓ Turmeric Powder – 50 gms
✓ Coriander Seeds – 200 gms	

### Method :

- ❖ If using whole dry red chilies break off all the stalks.
- ❖ Break the whole turmeric roots into small bits.
- ❖ Grind these two together with coriander seeds to form a fine powder.
- ❖ Sieve the contents and re-grind the residue till all of this is powdered.
- ❖ If using powdered chili powder and turmeric, first grind the coriander seeds fine.
- ❖ In a mixing bowl, mix all three ingredients thoroughly well.
- ❖ Bottle in a dry airtight jar and keep.

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## Garam Masala

### Ingredients :

✓ Coriander seeds - 4 tbsp	✓ Black Cardamom - 3-4 large pods approx
✓ Cumin seeds - 1 tbsp	✓ Cloves – 2-3
✓ Black Peppercorns – 1 tbsp	✓ Cinnamon - 2 x 1" pieces
✓ Black Cumin seeds (Shahjeera) – 1 ½ tsp	✓ Crushed Bay Leaves - 2
✓ Dry Ginger – 1 ½ tsp	

### Method :

- ❖ Heat a heavy skillet on a medium flame and gently roast all ingredients (leave cardamom in its pods till later) except the dry ginger, till they turn a few shades darker.
- ❖ Stir occasionally. Do not be tempted to speed up the process by turning up the heat as the spices will burn on the outside and remain raw on the inside.
- ❖ When the spices are roasted turn off the flame and allow them to cool.
- ❖ Once cooled, remove the cardamom seeds from their skins and mix them with all the other roasted spices.
- ❖ Grind them all together, to a fine powder in a grinder.
- ❖ Store in an airtight container in a cool and dark place.

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## Goda Masala

### Ingredients :

✓ Coriander Seeds – 500 gms	✓ Mace Flower – 50 gms
✓ Dry Red Chilies – 250 gms	✓ Cinnamon Bark – 50 gms
✓ Dry Coconut shredded – 250 gms	✓ White Poppy Seeds – 50 gms
✓ Turmeric Roots – 50 gms	✓ Caraway Seeds – 50 gms
✓ Asafoetida Chunks – 50 gms	✓ Black Sesame Seeds – 50 gms
✓ Cloves – 50 gms	✓ White Sesame Seeds – 50 gms
✓ Black Pepper Corns – 50 gms	✓ Bay Leaves – 50 gms
✓ Cassia Buds/Cobra's saffron – 50 gms	✓ Whole Nutmeg - 5
✓ Flower stone - 50 gms	✓ Green Cardamom – 25 gms
	✓ Black Cardamom – 25 gms

### Method :

- ❖ Break the turmeric roots and asafoetida chunks into pieces and fry in a little oil. Set aside.
- ❖ Dry roast coriander seeds, dry coconut and dry red chilies separately on low flame till brown and crisp.
- ❖ Dry roast each remaining ingredient individually on low flame till crisp and fragrant.
- ❖ Mix all the ingredients together and powder in a Mixer/Grinder to a coarse consistency.



- ❖ Store in a dry airtight jar.
- ❖ Packing the powder in tightly ensures longer life.
- ❖ A chunk of asafoetida on top ensures the freshness of the masala for 1 year.

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## Goda Sweet Masala

### Ingredients :

✓ Fresh(green) Coriander Seeds – 250 gms	✓ Cinnamon Bark – 10 gms
✓ Dry Coconut, shredded – 100 gms	✓ Cloves - 10
✓ Sesame Seeds – 50 gms	✓ Star Anise – 5 gms
✓ Dry red Kashmiri Chilies – 50 gms	✓ Black Cardamom – 5 gms
✓ Cumin Seeds – 25 gms	✓ Cobra's Saffron – 5 gms
✓ Sesame Oil – 100 gms	✓ Stone Flower – 5 gms
✓ Salt – 1 tbsp	✓ Bay Leaves – 6 large
	✓ Asafoetida lumps – ½ tbsp

### Method :

- ❖ In a wok fry the Garam Masala separately till fragrant and crisp in a little oil.
- ❖ Set aside and fry each of the other ingredients separately till fragrant and golden.
- ❖ When cool add salt and grind together to a medium powder.
- ❖ This powder should be a little grainy in texture.
- ❖ This lasts on the shelf for 1 year if bottled in dry airtight glass jars.

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## Jal Jeera

### Ingredients :

✓ Black Rock Salt – 200 gms	✓ Cumin Seeds – 50 gms
✓ Whole Black Pepper Corns – 50 gms	✓ Black Cardamoms – 5 gms
	✓ Whole Cloves – 3 gms

### Method :

- ❖ Dry roast the cumin seeds, black cardamoms and cloves individually till crisp and fragrant.
- ❖ When cool mix in the salt and the black pepper corns and powder all 5 ingredients together.
- ❖ Store in an airtight bottle on the shelf.

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## Kashmiri Garam Masala

### Ingredients :

✓ Cinnamon Bark – 20 gms	✓ Whole Cloves – 15 gms
✓ Black Cardamoms – 15 gms	✓ Green Cardamoms – 10 gms
✓ Whole Black Pepper – 15 gms	✓ Mace – 10 gms
✓ Caraway Seeds – 15 gms	✓ Nutmeg – ¼ of the whole one

### Method :

- ❖ Lightly dry roast each of the spices individually.
- ❖ When cool powder together and store in an airtight jar.
- ❖ It has a shelf life of 6 months.

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## Kolamba Masala

### Ingredients :

✓ Dry Red Chilies – 250 gms	✓ Cinnamon Bark – 35 gms
✓ Dry Red Chilies – 125 gms	✓ Turmeric Roots – 30 gms
✓ Coriander Seeds – 200 gms	✓ Asafoetida Chunk – 30 gms
✓ Cumin Seeds – 100 gms	✓ Split Chick Peas – 125 gms
✓ Black Mustard Seeds – 50 gms	✓ Split Pigeon Peas – 125 gms
✓ Fenugreek Seeds – 50 gms	✓ White Rice – 75 gms
✓ Whole Black Pepper Corns – 30 gms	✓ Split Black Beans – 75 gms
	✓ Sesame Oil – 5 tbsp

### Method :

- ❖ Pick, clean and wash the pulses and the rice.
- ❖ Dry each of these separately on old cotton cloth for 7-8 days till totally dry.
- ❖ Break the whole turmeric roots and asafoetida chunk into small pieces.
- ❖ Remove the stems from the dry red chilies.
- ❖ Heat a little oil in a wok and lower the flame.
- ❖ Fry the asafoetida pieces till crisp and fragrant.
- ❖ Remove and fry the turmeric pieces till crisp and fragrant in a little oil.
- ❖ Roast each ingredient till crisp and fragrant adding a little oil to it.
- ❖ When all the ingredients have been roasted, allow these to cool to room



temperature.

- ❖ First, grind the roasted dry red chilies and set aside. Then grind the asafoetida and the turmeric pieces. Add these to the ground chili powder.
- ❖ Mix the remaining ingredients together and grind to a powder. Mix in the red chili, turmeric and asafoetida powder with the other powder thoroughly. Sieve to obtain a fine powder.
- ❖ Grind the residue fine and sieve again. Repeat this process till no residue remains and a fine powder is obtained.
- ❖ Pack tightly in an airtight Jar and keep a chunk of asafoetida on top of it to preserve the freshness and aroma.

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## Korma Masala

### Ingredients :

✓ Coriander Seeds – 600 gms	✓ Cloves – 20 gms
✓ Cumim Seeds – 100 gms	✓ Star Anise – 10 gms
✓ Aniseed – 100 gms	✓ Cinnamon Sticks – 20 gms
✓ Black Peppercorns – 100 gms	✓ Nutmegs - 3
✓ Dry Turmeric – 100 gms	✓ Cardamoms – 20 gms

### Method :

- ❖ Dry roast the ingredients separately until fragrant, then set aside to cool.
- ❖ Grind all the ingredients in a coffee grinder or grind with pestle and mortar.

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## Manglorian Masala

### Ingredients :

✓ Kashmiri Red Chili – 50 gms	✓ Cinnamon – ½"
✓ Dry Red Chili – 10 gms	✓ Peppercorns – 1 tsp
✓ Coriander Seeds – 1 tbsp	✓ Black Mustard Seeds – ½ tsp
✓ Cumin Seeds – ½ tbsp	✓ Turmeric powder – ½ tsp
✓ Cloves - 2	

### Method :

- ❖ Heat a heavy-bottomed pan or griddle on medium heat. Put the chilies (both kinds) on it and roast for 2-3 minutes, stirring often.
- ❖ Make sure the kitchen is well-ventilated. Remove from the pan.
- ❖ Now put all the other ingredients on the pan together - except the turmeric powder - and roast for 3-4 minutes, stirring often. The spices will become aromatic when they are done.
- ❖ Remove from heat and mix all ingredients together in a large bowl.
- ❖ Grind them with a mortar and pestle or dry coffee grinder.
- ❖ Store in a clean, dry jar/ air-tight container and in a cool, dry place.

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## Methkut - Dry Chutney Powder

### Ingredients :

<ul style="list-style-type: none"><li>✓ Chana Dal – 100 gms</li><li>✓ White Urad Dal (Black Beans, hulled) – 50 gms</li><li>✓ Yellow Mung Dal (lentils) – 50 gms</li><li>✓ White Rice – 1 cup</li><li>✓ Whole Wheat Grains – 50 gms</li></ul> <p>OR</p> <ul style="list-style-type: none"><li>✓ Whole Wheat Flour – 4 tbsp</li><li>✓ Coriander Seeds – 3 tbsp</li><li>✓ Cumin Seeds – 1 tbsp</li><li>✓ Red Mustard Seeds – 1 tbsp</li></ul>	<ul style="list-style-type: none"><li>✓ Fenugreek Seeds – ½ tbsp</li><li>✓ Nutmeg – ½</li><li>✓ Cloves - 10</li><li>✓ Green Cardamoms – 10 whole</li><li>✓ Cinnamon Bark – 1 stick 2"</li><li>✓ Bay Leaves - 5</li><li>✓ Dried Ginger Powder – 1 tsp</li><li>✓ Dry Red Chili - 4</li><li>✓ Dry Turmeric – 1 whole stick</li></ul> <p>OR</p> <ul style="list-style-type: none"><li>✓ Turmeric Powder – ½ tsp</li><li>✓ Lump of Asafoetida – 5 gms</li></ul>
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### Method :

- ❖ Wash all the cereals, pulses, and dry well overnight. Keep aside the turmeric powder (if used) and the dry ginger powder.
- ❖ Fry the turmeric root and lump of asafoetida in a little ghee (Clarified Butter).
- ❖ Dry roast all the remaining ingredients separately on low flame till crisp and fragrant.
- ❖ When cool, grind together with the dry ginger powder. Pass this Mix





through a fine sieve to separate the fine powder and grind the coarse grains again till all the ingredients are finely powdered.

- ❖ Store in an airtight jar and use a dry spoon to remove the powder as and when needed.

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## Mulgapodi

### Ingredients :

✓ Dry Red Chili – 200 gms	✓ Whole Turmeric Roots – 50 gms
✓ Split Chick Peas – 200 gms	✓ Fenugreek Seeds – 30 gms
✓ Split Black Beans – 200 gms	✓ Sea Salt – 30 gms
✓ Split Pigeon Peas – 150 gms	✓ Asafoetida Chunk – 25 gms
	✓ Sesame Oil – 2 tbsp

### Method :

- ❖ Pick, clean and wash the pulses. Dry separately on any dry cotton cloth for 7-8 days till totally dry.
- ❖ Break the turmeric roots and the asafoetida chunk into smaller pieces.
- ❖ Heat a little oil and sauté the asafoetida pieces in it. Remove and keep aside.
- ❖ Roast the dry red chillies, fenugreek seeds, turmeric roots and the pulses individually in the same way - one ingredient at a time in a little oil.
- ❖ Cool all ingredients to room temperature.
- ❖ First, grind the dry red chili in a mixer. Add the roasted pulses, fenugreek seeds, asafoetida and turmeric roots and powder as finely as possible.
- ❖ Lastly add the sea salt and grind as fine as possible.
- ❖ Bottle in a dry airtight Jar and keep on the shelf.

Shelf life is for about 5-6 months without refrigeration.

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## Mumbaikari Garam Masala

### Ingredients :

✓ Coriander Seeds – 200 gms	✓ Cloves – 20 gms
✓ White Sesame Seeds – 100 gms	✓ Caraway Seeds – 15 gms
✓ Dry Red Chilies – 50 gms	✓ Green Cardamoms – 15 gms
✓ Cinnamon Bark – 50 gms	✓ Bay Leaves – 10 gms
✓ Whole Black Pepper Corns – 30 gms	✓ Fenugreek Seeds – 10 gms

### Method :

- ❖ Dry roast each ingredient till crisp and fragrant.
- ❖ Cool to room temperature.
- ❖ When cold mix all ingredients together and grind to a powder.
- ❖ Bottle in a dry sterile airtight jar.
- ❖ Keep in fridge to preserve aroma and fragrance.
- ❖ Can stay on the shelf too for a year if it is tightly packed in the Jar and a chunk of asafetida is placed on top of the packed powder.

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## Panch Phoran

Ingredients :

✓ Cumin Seeds – 2 tbsp	✓ Black Mustard Seeds - 2 tbsp
✓ Onion Seeds / Nigella Seeds – 2 tbsp	✓ Fennel Seeds – 2 tbsp
	✓ Fenugreek Seeds – 1 tbsp

Method :

- ❖ Mix all the spices and store them in an airtight jar in a cool, dry place.

Shake the jar before each use to make sure the spices are evenly distributed.

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## Pav Bhaji Masala

### Ingredients :

✓ Red Chili – 50 gms	✓ Black Cardamom – 4-5
✓ Coriander Seeds – 50 gms	✓ Dry Mango Powder – 25 gms
✓ Cumin Seeds – 25 gms	✓ Fennel Seeds – 10 gms
✓ Black Pepper – 25 gms	✓ Turmeric Powder – 1 tbsp
✓ Cinnamon – 25 gms	✓ Star Anise – 2
✓ Clove – 25 gms	

### Method :

- ❖ Roast all the ingredients separately.
- ❖ When cool, grind it.
- ❖ Mix dry mango powder, turmeric powder with the ground powder and fill in the bottle.

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## Pindi Chana Masala

### Ingredients :

✓ Coriander Seeds – 150 gms	✓ Whole Cloves – 20 gms
✓ Cumin Seeds – 100 gms	✓ Carraway Seeds – 20 gms
✓ Dry Pomegranate Seeds – 75 gms	✓ Fennel Seeds – 20 gms
✓ Dry Ginger Root – 50 gms	✓ Mace – 15 gms
✓ Cinnamon Bark – 50 gms	✓ Nutmeg – 0.5 gms
✓ Black Cardamoms – 30 gms	✓ Carom Seeds – 15 gms
✓ Whole Black Pepper Corns – 30 gms	✓ Fenugreek Seeds – 10 gms
	✓ Onion Seeds – 10 gms

### Method :

- ❖ Powder the dry ginger root in a pestle and mortar.
- ❖ Dry roast the pomegranate seeds till crisp on low flame. Cool to room temperature.
- ❖ Dry roast the coriander and cumin seeds individually till fragrant.
- ❖ When cool grind all the ingredients together to a powder.
- ❖ Bottle in an airtight jar.
- ❖ This Masala keeps for 9-12 months on the shelf and longer in the 'fridge.

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## Rajma Masala

### Ingredients :

✓ Cloves - 4	✓ Red Chili Powder – 1 tsp
✓ Black Peppercorns - 4	✓ Cumin Seeds – 1 tsp
✓ Cardamom - 2	✓ Cumin Powder – 1 tsp
✓ Bay leaf - 1	✓ Ginger Garlic Paste – 1 tsp
✓ Cinnamon Stick – 1"	✓ Garam Masala Powder – ½ tsp
✓ Coriander Powder – 1 ½ tsp	✓ Dry Mangosteen Powder – ½ tsp

### Method :

- ❖ Dry roast all the whole masalas and grind on cooling.
- ❖ Mix properly with all the other masalas and then store it in an air-tight container.

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## Rasam Powder

### Ingredients :

✓ Coriander seeds - 1 cup	✓ Fenugreek Seeds - ½ tsp
✓ Cumin seeds - 3 tbsp	✓ Turmeric Powder - 1 tsp
✓ Black Pepper seeds - 1 tbsp	✓ Asafetida - ½ tsp
✓ Red Chili powder - 2 tbsp	✓ Curry Leaves - 2 tbsp
✓ Mustard Seeds - 1 ½ tsp	

### Method :

- ❖ Dry roast all the items separately on low flame except turmeric and asafetida .
- ❖ Grind together with turmeric and asafetida to a fine powder.
- ❖ Store in an airtight jar.
- ❖ You can use this rasam-powder as and when you want for up to one year.

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## Sambar Masala

### Ingredients :

✓ Coriander seeds – ½ cup	✓ Dry Red Chili Flakes – ¼ cup
✓ Cumin seeds – ¼ cup	✓ Grated Desiccated Coconut – ¼ cup
✓ Chana Daal (large split yellow lentils) – ¼ cup	✓ Mustard seeds – ¼ cup
✓ Urad Daal (black gram) – ¼ cup	✓ Dried Curry Leaves – 20
✓ Fenugreek seeds – ¼ cup	✓ Turmeric Powder – 2 tbsp
✓ Black Peppercorns – ¼ cup	✓ Asafetida Powder – 2 tsp

### Method :

- ❖ Roast all the ingredients - except the asafetida - on a hot griddle till they begin to release their aroma.
- ❖ Cool on a tray.
- ❖ Add the asafetida and grind into a fine powder.
- ❖ Store in an air-tight container.

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## South Indian Gun Powder

### Ingredients :

✓ Coriander Seeds – 150 gms	✓ Fenugreek seeds – 25 gms
✓ Split Pigeon Peas – 100 gms	✓ Black Rock Salt – 25 gms
✓ Split Chick Peas – 100 gms	✓ Chaat Masala – 25 gms
✓ Dry Red Chilis – 50 gms	✓ Asafoetida Lump – 10 gms
✓ Cumin Seeds – 25 gms	✓ Whole Black Pepper Corns – 25 gms

### Method :

- ❖ Keep the black salt, chaat masala and asafoetida powder aside and arrange the rest of the Ingredients in order.
- ❖ Dry roast each ingredient over a low flame till crisp, fragrant and aromatic.
- ❖ Allow to cool to room temperature.
- ❖ Combine all the ingredients together---including the asafoetida powder, salt and the chaat masala and powder as finely as possible in a Mixer/Grinder.
- ❖ Store in an airtight jar on the shelf. This keeps for 2-3 months on the shelf.

Use an absolutely dry Spoon for serving this. This is usually served as a condiment during a Meal or with Snacks as a Chutney.

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## Tamilnadu Curry Powder

### Ingredients :

✓ Cumin Seeds – 2 tbsp	✓ Fresh Curry Leaves - 25
✓ Black Mustard Seeds – 2 tbsp	✓ Black Peppercorns – 1 tsp
✓ Fenugreek Seeds – ½ tbsp	✓ Dry Chili Pods - 6
✓ Split Urad dal or Yellow Split Peas – ½ tbsp	✓ Ground Coriander - 1/3 cup
	✓ Ground Turmeric – 2 tbsp

### Method :

- ❖ Toast the cumin, black mustard, and fenugreek seeds, the split dal, and the fresh curry leaves.
- ❖ Add the peppercorns and chili pods and grind the mixture to a fine powder.
- ❖ Add the coriander and turmeric and mix well.
- ❖ Store in an air tight container.

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## Tandoori Masala

### Ingredients :

✓ Cumin Seeds – 10 gms	✓ Red Chili Powder – 2 gms
✓ Coriander Seeds – 3.5 gms	✓ Turmeric Powder – 2 gms
✓ Cloves – 2 gms	✓ Mace Powder – 2 gms
✓ Cinnamon Stick – 1"	✓ Salt – 2 gms
✓ Ginger Powder - 2 gms	✓ Orange food coloring – a little
✓ Garlic Powder – 2 gms	

### Method :

- ❖ Dry roast the cumin, coriander seeds, cloves and cinnamon sticks in a pan on a low flame, till they begin to release their aroma.
- ❖ Remove from fire and allow cooling.
- ❖ Grind all the ingredients together in a coffee grinder to make a smooth powder.
- ❖ Store in an airtight container for up to 6-8 weeks.

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## Thandai Masala

### Ingredients :

✓ Almonds - 20	✓ Chotti Elaichi / Green Cardamom - 2
✓ Pistachios - 20	✓ Peppercorns – 4-6
✓ Melon Seeds – 4 tbsp	✓ Fennel Seeds / Saunf – 1 tsp
✓ Chironji – 1 tbsp	✓ Rose Water – ½ tsp
✓ Rose Petals - 8	✓ Saffron – a few strands
✓ Khus Khus / Poppy Seeds – ½ tbsp	

### Method :

- ❖ Grind all of them and store in an airtight container.
- ❖ Mix with chilled milk and sugar and enjoy your thandai.

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### Nature & Us

In ancient times man was completely at the mercy of nature. Sometimes nature was extremely harsh on him, but at the same time it also took care of him by providing him with all the resources that he needed to survive.

It provided him with all the foods and medicines for him to stay healthy and active. In due course, man prospered and developed in every way possible – intellectually, financially and physically.

Slowly and surely man started drifting away from his roots and today things have come to such a head that he has almost forgotten where his roots are. He has begun considering himself as the Supreme Being who can control everything. In his pursuit of material possessions, he has become blind to the fact that nature has its own way of striking back. And when it does, all his acquired power will not be able to save him, as we have seen so many times in the past.

So, why not try to reconnect with our roots?

Why not try some simple and natural home remedies whenever you are down with some common ailment, instead of running to the doctor?

I have developed an e-book on such remedies with painstaking effort, for you to go through. It shall be your asset throughout life.

Check it out.

<http://www.indian-cooking.info/HomeRemedies/ebook.htm>