

## Three-Spice Masala Recipe

### Ingredients:

50 g or about 11 tablespoons coriander (cilantro) seeds  
20 g or about 3 tablespoons cumin seeds  
10 g or about 1 1/2 tablespoons black pepper kernels

### Method:

Clean and sort the coriander, cumin and black pepper separately, removing any sticks, stones or husks. Toss the spices separately in a wire strainer to sift out any chaff. Pour the spices on to a large microwave-safe tray or dish, mix and spread out into a thin, even layer. Roast on low or 160 degrees Celsius in an oven for 5-6 minutes, until the mixture is warm and produces a pleasant aroma. Pause roasting twice to stir thoroughly. Cool in the microwave for 3 minutes. While the spice mixture is still warm, grind it to a semi-fine powder in three batches, pausing several times to stir each batch.

Three-spice masala should be golden brown and slightly coarse, leaving a fine powdery residue when touched. Store it in a cool, dry place. It's mellow flavor will keep for up to one year.

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