

Barharat - Middle Eastern - Adds a smoky, sweet flavour to dishes.

- * 2 tbs - Ground Paprika
- * 2 tbs - Ground Cumin
- * 1 tbs - Ground Pepper
- * 1 tbs - Dried Coriander Seeds
- * 1/2 tbs - Ground Cinnamon
- * 1.2 tbs - Ground Nutmeg
- * 1/4 tbs - Ground Cardamon
- * 1/4 tbs - Ground Cloves

Blend up and rub onto meat before cooking or into wok when cooking.

