

# Berbere Spice Blend

## Ingredients

Sweet paprika . . . . .	1/3 cup	Ground cardamom . . . . .	1 1/2 tsp.
Cayenne pepper . . . . .	2 1/2 Tbsp.	Ground cinnamon . . . . .	1 Tbsp.
Fenugreek seeds . . . . .	3 Tbsp.	Ground ginger . . . . .	2 tsp.
Coriander seeds . . . . .	2 Tbsp.	Ground turmeric . . . . .	1 1/2 tsp.
Cumin seeds . . . . .	1 1/2 Tbsp.	Ground cloves . . . . .	1/2 tsp.
Black peppercorns . . . . .	2 tsp.	Dried thyme . . . . .	1/2 tsp.
Allspice berries . . . . .	1 tsp.		

## Directions

Yield: approximately 1 cup

1. Toast **fenugreek seeds** in a dry skillet over medium-low heat, stirring constantly, for *2-3 minutes* until fragrant and darkened one shade. Remove immediately when nutty, maple-like aroma develops. Transfer to a plate to cool.
2. Toast **coriander seeds** in the same skillet over medium heat, stirring frequently, for *3-4 minutes* until fragrant and slightly darker. Transfer to cool.
3. Toast **cumin seeds**, **black peppercorns**, and **allspice berries** together over medium heat, stirring constantly, for *2-3 minutes* until **cumin** becomes fragrant and darkens slightly. Transfer to cool.
4. Let all toasted spices cool for *5 minutes*. Grind each group separately in a spice grinder or mortar and pestle to a fine powder. **Fenugreek** is particularly hard—grind until no large pieces remain.

5. In a medium bowl, combine all ground toasted spices with **sweet paprika, cayenne pepper, ground cardamom, ground cinnamon, ground ginger, ground turmeric, ground cloves, and dried thyme.**
6. Whisk thoroughly for *2-3 minutes* to ensure even distribution of all spices. Optionally sift for ultra-fine texture.
7. Store in an airtight container in a cool, dark place. Peak flavor within *2-3 months*, still good for *6 months*. Flavor mellows and marries over the first week.

### Usage Notes

For stews and braises, use 2-3 Tbsp. per pound of meat. Bloom **berbere** in oil or butter over medium heat for *1-2 minutes* before adding liquids to fully develop aromatic compounds. The spices require fat and time to release their complete flavor complexity.