

JAMAICAN CURRY POWDER

BLEND

INGREDIENTS

2 teaspoons coriander
2 teaspoons fenugreek seeds
2 teaspoons turmeric
2 teaspoons cumin
2 teaspoons black pepper
1 teaspoon cinnamon
1 teaspoon bay leaf, dried
1 teaspoon fennel seed
1 teaspoon nutmeg
1/2 teaspoon clove
1/2 teaspoon ginger
1/2 teaspoon cayenne
1/2 teaspoon allspice
1/2 teaspoon cardamom

METHOD

Step 1

Grind all whole spices and seeds and bay leaves to a powder.

Combine all the ingredients and store in an airtight jar.

Note: While you can use pre-ground spices, the flavor is really better if you grind whole cloves, nutmeg, etc.

THE COOKERY

by The Secret Jozi Chef