

Garam Masala



History

Sichuan pepper, Chinese spice made from the dried papery fruit husks of any of several species

The term garam masala is derived from the Hindi and Urdu words meaning “hot spices,” but most versions of garam masala vary around a central theme of cinnamon, cardamom, cumin, and peppercorn to obtain a balance between sweet and savory tastes with relatively little by way of heat. It is ideal for rubs on meats and vegetables to be roasted where the high heat will bloom the spices into an aromatic frenzy. Similarly, garam masala can be worked into dough for flatbread and naan where cooking will finish the melding of flavors. Some Western chefs use it to add a spicy surprise to sweeter desserts such as flan or chocolate torte. In Ayurvedic medicine, garam masala is used to elevate body temperature, treat the common cold, and, like turmeric, lower blood sugar levels.

Spicy Bombay Potatoes



INGREDIENTS

- 1 pound baby potatoes
- 2 Tablespoons ghee or oil
- 1 Teaspoon cumin seeds
- ½ Teaspoon salt
- ⅓ cup water
- 1 teaspoon Dry Mango Powder (or lime juice)
- ½ teaspoon garam masala
- ½ lime
- cilantro leaves (to garnish)
- 1 teaspoon coriander powder
- ½ teaspoon ground cumin
- ½ teaspoon ground turmeric
- 1 teaspoon red chili powder (adjust to taste)

INSTRUCTIONS

1. Boil the potatoes in water until almost tender. You want them to be just tender, do not overcook. Drain and put aside.
2. In a pan, heat ghee/oil and add cumin seeds. Reduce heat and add the spices. Sauté for 30 seconds, be careful to not burn them.
3. Add water and boiled potatoes. Mix well so the spices coat over the potatoes. Cover and cook for 5 minutes. The water will evaporate and the spices will coat the potatoes.
4. Add dry mango powder, garam masala, cilantro and lime juice just before serving.

Roasted Sweet Potatoes & Chickpea Pitas



INGREDIENTS

- 2 medium sweet potatoes (about 1-1/4 pounds), peeled and cubed
- 2 cans (15 ounces each) chickpeas or garbanzo beans, rinsed and drained
- 1 medium red onion, chopped
- 3 tablespoons canola oil, divided
- 2 teaspoons garam masala
- 1/2 teaspoon salt, divided
- 2 garlic cloves, minced
- 1 cup plain Greek yogurt
- 1 tablespoon lemon juice
- 1 teaspoon ground cumin
- 2 cups arugula or baby spinach
- 12 whole wheat pita pocket halves, warmed
- 1/4 cup minced fresh cilantro

INSTRUCTIONS:

1. Preheat oven to 400°. Place potatoes in a large microwave-safe bowl; microwave, covered, on high 5 minutes. Stir in chickpeas and onion; toss with 2 tablespoons oil, garam masala and 1/4 teaspoon salt.
2. Spread into a 15x10x1-in. pan. Roast until potatoes are tender, about 15 minutes. Cool slightly.
3. Place garlic and remaining 1 Tbsp. oil in a small microwave-safe bowl; microwave on high until garlic is lightly browned, 1 to 1-1/2 minutes. Stir in yogurt, lemon juice, cumin and remaining 1/4 tsp. salt.
4. Toss potato mixture with arugula. Spoon into pitas; top with sauce and cilantro.

FIND IT ONLINE: <https://www.tasteofhome.com/recipes/roasted-sweet-potato-chickpea-pitas/>

Butter Chicken Meatballs



INGREDIENTS

- 1-1/2 pounds ground chicken or turkey
- 1 large egg, lightly beaten
- 1/2 cup soft bread crumbs
- 1 teaspoon garam masala
- 1/2 teaspoon tandoori masala seasoning
- 1/2 teaspoon salt
- 1/4 teaspoon cayenne pepper
- 3 tablespoons minced fresh cilantro, divided
- 1 jar (14.1 ounces) butter chicken sauce

INSTRUCTIONS:

1. Combine the first 7 ingredients plus 2 tablespoons cilantro; mix lightly but thoroughly. With wet hands, shape into 1-in. balls. Place meatballs in a 3-qt. slow cooker coated with cooking spray. Pour butter sauce over meatballs.
2. Cook, covered, on low until meatballs are cooked through, 3-4 hours. Top with remaining cilantro.

FIND IT ONLINE: <https://www.tasteofhome.com/recipes/butter-chicken-meatballs/>