

Bob's Mild Curry Powder

Please read through before proceeding.

Ingredients:

- 2 tablespoons cumin seed
- 2 tablespoons coriander seed
- 1 tablespoon allspice seed
- 2 teaspoons whole cloves
- 1 teaspoon fenugreek seed
- 1 teaspoon fennel seed
- ½ teaspoon mustard seed
- ½ teaspoon celery seed
- 1 tablespoon ground turmeric
- ½ teaspoon ground ginger
- 3 to 4 whole bay leaves

Directions:

1. Put all the whole spices and the bay leaves in a spice grinder, (clean) coffee grinder, or food processor. Grind to a fine powder. Add the two already ground dried roots and give it a quick spin to combine all the ingredients. (Be careful with the turmeric – it will stain anything you spill it on. If you do spill and it is dry, try to blow it off to clean. A wet cloth will just smear and set the stain deeper.)
2. When complete be sure to store the curry powder in an airtight glass jar.

Hints:

1. It is best to use whole seeds rather than powdered for all the seeds as fresh ground means tastier.
2. As with all spices, it's best to store the container in a dark cool place.
3. It's always best to make close to what you need of the curry powder so that it is freshly ground from the spices. Whole spices keep better than ground spices.
4. Some people like to roast (then cool) the seeds before grinding. Put all the seeds into a dry fry pan over your fire until the seeds begin to release aroma and start to turn a little dark (don't let them burn). The mustard seeds will dance around, that's another good sign they are ready. Be sure to remove the seeds from the pan when you think they are done. The hot pan can continue to cook especially if it is cast iron (is there anything else one cooks with? Not me.) Roasting seems to enhance to flavor of the seeds.

Suggestions:

1. If you like a spicy (hot) curry, you may add some pepper flakes or cayenne pepper. (I like mine mild myself, why cover up that wonderful curry taste and smell with heat?)
2. This spice works wonderfully to add to (real) mayonnaise and used as a dipping sauce for freshly cooked artichokes.
3. It works as a seafood dip or shrimp dip when added to mayonnaise (not salad dressing or sandwich spread) and maybe add a little lemon, lime and/or wine vinegar. I'm not going to tell you how much of each or which – experiment and taste, find what you like!

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