



Garam Masala (Spice mixture)



English Name: Spice mixture
Family name: Garam Masala, Spice mixture

Garam masala is a wonderfully aromatic blend of spices from India. Garam means "hot" or "heating" and masala means "spice blend". The "hot" is not necessarily referring to the kind of heat we find in hot chillies but to the fact that the spices are first toasted then ground. Another explanation we've heard is that the amalgamated effect of the spices in garam masala increases body temperature, a pleasant warm glow you might feel after eating a dish flavoured with it. It does however usually include some black pepper and cinnamon or cassia which carry some heat.

This blend has a greater emphasis on cinnamon, nutmeg and ginger than some other recipes. Create it as is, or substitute spices or amounts to create your own blend. Many of the whole spices listed below must be obtained from an Indian market or through the Internet. Green cardamom pods, cumin seeds, coriander seeds, caraway seeds, black peppercorns, whole cloves, whole nutmeg, cinnamon sticks, bay leaves, ground ginger and saffron should be readily available at a grocery store. However, black cardamom pods and mace blades may be harder to find. If all else fails, the many internet-based spice shops can have whole spices at your door in under a week.

Garam Masala Ingredients

- * 10 black cardamom pods
- * 40 green cardamom pods
- * 1/4 cup cumin seeds
- * 1/8 cup coriander seeds
- * 1/8 cup caraway seeds
- * 3/4 tablespoon black peppercorns
- * 1 tablespoon whole cloves
- * 2 2-inch cinnamon sticks, broken into smaller chunks
- * 1 whole nutmeg, smashed
- * 1/2 tablespoon mace blades
- * 4 bay leaves, crushed
- * a pinch of saffron threads
- * 1 tablespoon ground ginger

Note : - Rate of the products Mention in the Website will be verified by day to day fluctuation in the Indian Agro Market
Actual Rate of the Products will be provide at the time of final Confirmation of Order



Directions

1. In a medium non-stick skillet over medium heat, toast the black cardamom pods. Stir them frequently. They should plump over a few minutes time. Once plumped, cool them until they can be touched.
2. While they are cooling, add the green cardamom pods to the same skillet and toast until plumped and spotty. When the black pods are cooled enough, crack them open with your hands and remove the seeds. Reserve the seeds in a bowl and discard the husk.
3. When the green pods are toasty, add them to the bowl with the black cardamom seeds.
4. Return the skillet to the heat and add the cumin seeds, coriander seeds, caraway seeds, peppercorns, cloves, and cinnamon stick bits. Toast until fragrant, stirring often. The seeds will darken, and it will only take a few minutes.
5. Move the seeds from the skillet to the bowl with the cardamom.
6. Reduce the heat to low. Place the smashed nutmeg, the crumbled bay leaves, the mace, and the saffron threads into the skillet. Toast gently until fragrant and the leaves become crisp. Remove to the bowl with the remaining spices.
7. Finally, toast the ginger over low heat until it becomes fragrant, not more than 2 minutes, and then transfer to the bowl of spices.
8. While still warm, mix the spices together and grind in a spice grinder or small food processor until the consistency is a fine powder.

Uses

Many of the spices used in garam masala are more familiar in the West as spices for desserts or baking: cloves, cinnamon, nutmeg, and mace for example. The addition of other spices may include black and/or green cardamom, bay leaves, cumin, coriander, fennel, and possibly caraway. Different regions use different combinations and the blends will also vary from household to household where proportions may vary according to whatever dish it is being used to season.

Whole garam masala is used more in north Indian cooking, especially meat dishes. A whole garam masala could include cinnamon sticks, bay leaves, cloves, cardamom pods, mace blades, and black peppercorns. These are fried in hot oil or ghee before other ingredients such as meat, onions, garlic, or ginger are added. Heating these spices releases a wonderful aroma that fills your house and stimulates appetites.

Ground garam masala is usually added at the end of cooking or may even be added to a dish after serving. We've heard it referred to as a "pepping up" spice. Only buy small quantities at a time, or if you choose to make your own, do it in small batches as it loses flavour after a few months and the flavour balance changes, with cloves becoming more predominant than is desirable.

Use garam masala as directed in recipes but don't stop there. It is excellent for flavouring many dishes, not just Indian fare. Sprinkle some over a squash before roasting or a bowl of pumpkin soup before serving, or onto corn on the cob that has been brushed with oil or butter.

Coriander is a commonly used domestic remedy, valued especially for its effect on the digestive system, treating flatulence, diarrhoea and colic. It settles spasms in the gut and counters the effects of nervous tension. The raw seed is chewed to stimulate the flow of gastric juices and to cure foul breath, and it will sweeten the breath after garlic has been eaten. Some caution is advised, however, because if used too freely, the seeds can have a narcotic effect.

Used externally, the seeds have been applied as a lotion or have been bruised and used as a poultice to treat rheumatic pains. The seed essential oil is used in aromatherapy, perfumery, soap making and food flavouring. The oil is also fungicidal and bactericidal.

The seed contains about 20 per cent fixed oil, thus creating the potential to become an alternative to oilseed rape, although the oil content is somewhat low in present varieties. The oil can be split into two basic types: one is used in making soaps, etc. while the other can be used in making plastics.

The growing plant repels aphids. A spray made by boiling one-part coriander leaves and one-part anise seeds in two parts water is said to be very effective against red spider mites and woolly aphids.

The dried stems are used as a fuel.

History

The use of coriander can be traced back to 5,000 BC, making it one of the world's oldest spices. It is native to the Mediterranean and Middle Eastern regions and has been known in Asian countries for thousands of years. Coriander was cultivated in ancient Egypt and given mention in the Old Testament. It was used as a spice in both Greek and Roman cultures, the latter using it to preserve meats and flavor breads. The early physicians, including Hippocrates, used coriander for its medicinal properties, including as an aromatic stimulant.

The Russian Federation, India, Morocco and Holland are among the countries that commercially produce coriander seeds. Coriander leaves (cilantro) are featured in the culinary traditions of Latin American, Indian and Chinese cuisine.

Spice Mix Storage

Unless you use a particular spice blend a lot or intend to split up a batch to give as gifts, do not plan on making a huge batch at once. It is best to make smaller batches that can be used within a month. Spices lose potency and flavor over time.

Light, moisture and heat are the worst enemies of spices, so keep them in a tightly-sealed container in a cool, dark place. Although it may be more convenient, you should not store your spices near your stove or in open racks on the counter.

Quality Assurance

We are a quality focused company with a emphasis on providing hygienic and top end quality products to our customers. Our organization follows a zero tolerance policy when it comes to the quality of the foodstuffs. The equipments and machinery we have installed in our factory for production and to test quality standards stand testimony to our quality policy.

- * We are one of the few spice exporters in India to offer spices conforming to the important physical, chemical and microbiological parameters as per international standards of European and American markets.
- * We can steam and sterilize spices to control micro contamination in spices to required levels.
- * Our procurement processes are detailed and supervised by a team of professionals who are experts in their field. Products are released in the market after due diligence on product quality.
- * We make all efforts to achieve our goal of complete customer satisfaction.



Packaging

We also provide reliable packaging of the cardamom seed oil and other cardamom products. During the packaging procedure, we keep the hygienic level high and also ensure that there is no human touch. Moreover, the packaging has also helped in the easy and safe delivery of the products.

We are dealing with various esteemed clients located in India as well as in the markets of New Zealand and Dubai. We also promise to serve a superlative range of cardamom and cardamom products which includes green cardamom powder to our new customers as we serve to our existing satisfied clientele. The frequent and concrete feedbacks from our customers have also helped in the advancement of the managerial activities and serving the products as per the demand prevailing in the market. Last but not the least; we are also looking forward to provide more beneficial deals in the forthcoming years.



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