

Moroccan Spice Mix

Recipe By *Laura Frankel*



Cooking and Prep:  10
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Serves:  24

No Allergens

Preference: Parve

Difficulty: Easy

Occasion: Shabbat, Rosh
Hashanah

Diet: Gluten Free, Low Fat,
Low Carb, Sugar Free, Vegan,
Vegetarian, Pescetarian

Source: Whisk by Ami
Magazine

Cuisines: Sephardi,
Moroccan

Ingredients (8)

Main ingredients

- 2 2-inch cinnamon sticks, broken into pieces
- 1 tablespoon coriander seeds

- 1 teaspoon cumin seeds
 - 1 teaspoon chili flakes
 - 1/2 teaspoon fenugreek seeds (see note)
 - 1/2 teaspoon anise seeds
 - seeds of 1 cardamom pod
 - 1 teaspoon dark brown sugar *(optional)*
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Start Cooking

Prepare the Spice

1. Place the cinnamon, coriander, cumin, chili flakes, fenugreek, anise, and cardamom seeds in a spice or coffee grinder and process until completely ground. If using the brown sugar, transfer the mixture to a small bowl and stir in the sugar. Store in a tightly covered container in a dark place for up to three months.

Note:

Fenugreek is an ancient seasoning that has been found in excavation sites in the Middle East dating back to the Bronze Age. Sephardic Jews frequently eat fenugreek on Rosh Hashanah, as the Hebrew name for fenugreek means the same as “to increase merits.” Both the leaves and seeds are commonly used in Middle Eastern and Indian recipes.