

# SPICE OF THE MONTH

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## September's spice is garam masala!

Two blends in a row! Like the za'atar we tried last month, garam masala isn't a single spice; it's a blend of several. It's used most often in Northern Indian cuisine to add heat and scent to many different dishes.

Garam masala usually includes cumin, cardamom, cinnamon, cloves, black pepper, and coriander — as well as any special spices someone decides to add to their own personal mix.

Our blend from Penzey's contains:

- coriander
- black pepper
- cardamom
- cinnamon
- kalonji
- caraway
- cloves
- ginger
- nutmeg



Chefs often make their own proprietary blends. Some home cooks prefer to make their own blends as well, but for anyone who doesn't want to hand-crush half a dozen kinds of seeds and pods and sticks with a mortar and pestle every time they want to add flavor to a dish... enter garam masala!

In *Bollywood Kitchen*, Sri Rao calls it a "'one-step solution' when you're looking for flavor" — and then says he doesn't like it, because it makes all food taste the same, like putting Lawry's seasoned salt on everything! See what you think.

## Sources - garam masala

All the books listed here are available to check out from the Croton Free Library.

- *Bollywood Kitchen: Home-Cooked Indian Meals Paired with Unforgettable Bollywood Films* by Sri Rao
- *India's Vegetarian Cooking: A Regional Guide* by Monisha Bharadwaj
- Penzeys.com

These recipes are from:

- *East: 120 Vegan and Vegetarian Recipes from Bangalore to Beijing* by Meera Sodha
- *Entice With Spice: Easy Indian Recipes for Busy People* by Shubhra Ramineni
- *India's Vegetarian Cooking: A Regional Guide* by Monisha Bharadwaj
- *Masala & Meatballs: Incredible Indian Dishes with an American Twist* by Asha Shivakumar

What did you cook with your  
garam masala?

Post it on social media with the hashtag  
**#CrotonSpiceClub** and tag us, or send a  
photo & description to  
[gglazer@wlsmail.org](mailto:gglazer@wlsmail.org)!

**Garam masala purchased from Penzey's Spices.**