

## Baharat

20 servings

Baharat is a widely used spice blend in Middle Eastern cuisine. The word baharat actually means “spices” in Arabic and varies slightly in ingredients, depending on where the spice blend is made. This spice mix has a deep, mildly sweet taste with a touch of smokiness. It is typically used to season meat, fish, soups, rice, beans, and vegetables.

- 2 Tablespoons black peppercorns
- 2 Tablespoons cumin seeds
- 2 Tablespoons coriander seeds
- 2 teaspoons whole cloves
- 2 teaspoons cardamom seeds
- 2 Tablespoons paprika
- 2 teaspoons ground cinnamon
- ½ teaspoon ground nutmeg

1. Wash hands with soap and water.
2. Heat a medium skillet over medium-high heat. Add black peppercorns, cumin seeds, coriander seeds, whole cloves, and cardamom seeds. Toast for 3-5 minutes, or until fragrant, while stirring continuously to avoid burning.
3. Transfer to a small bowl and let cool for five minutes.
4. Combine with the rest of the spices and grind into a fine powder. You can use a spice or coffee grinder, blender, food processor, or mortar and pestle.
5. Store in an airtight container in a cool, dark place for up to one year.



**Nutrition Information per Serving (1 teaspoon):** Calories 10, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg, Sodium 0mg, Total Carbohydrates 2g, Fiber 1g, Total Sugars 0g, includes 0g Added Sugars, Protein 0g, Vitamin D 0%, Calcium 2%, Iron 6%, Potassium 2%.