



DINNER

Ras El Hanout

The literal translation from Arabic is “the best of the shop.” Moroccans use this spice blend in daily cooking and in festive, specialty dishes.

YIELD: Serves 12

INGREDIENTS

- 2 teaspoons ground ginger
- 2 teaspoons ground cardamom
- 2 teaspoons ground mace
- 1 teaspoon cinnamon
- 1 teaspoon ground allspice
- 1 teaspoon ground coriander seeds
- 1 teaspoon ground nutmeg
- 1 teaspoon turmeric
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon ground white pepper
- 1/2 teaspoon ground cayenne pepper
- 1/2 teaspoon ground anise seeds
- 1/4 teaspoon ground cloves

DIRECTIONS

1. Blend all of the spices in a bowl. Transfer to a glass jar, and store in a dry, dark place.
2. Use Ras El Hanout to season tagines, stews, meat, poultry, fish, and vegetables. It keeps well for several months.



NUTRITION GEM

Health Benefits of Cardamom, Turmeric & Cloves

Wonderful condiment for lamb, fish, chicken, or toast.

Cardamom — Cardamom is an antioxidant that fights inflammation, aids digestion, improves oral hygiene, lower blood pressure, and potentially reduce anxiety and stress.

Turmeric — Turmeric provides a kaleidoscope of anti-inflammatory compounds that neutralizing free radicals (pollution, sunlight) that aggravate and promote tissue healing.

Cloves — Cloves has potent antioxidant, anti-inflammatory, and antimicrobial properties, that aid digestion, improve oral hygiene, and regulate blood sugar levels.