Ingredients

| Quantity: | Measure: | Ingredients: |
|-----------|----------|----------------------|
| 200 | Grammes | Chillies Red Dry |
| 50 | Grammes | Turmeric/Haldi |
| 50 | Grammes | Jeera/Cumin Seeds |
| 200 | Grammes | Coriander/Dhania |
| 50 | Grammes | Mustard Seed |
| 15 | Nos | Cloves (spice) |
| 6 | Inch | Cinnamon |
| 50 | Grammes | Pepper Corns |
| 100 | Grammes | Kuskus - poppy seeds |

Method

Dry the ingredients in the sun, for a few hours, or on a skillet and powder them and store in a bottle. Using with coconut juice for curries gives added taste.

Make a seasoning with one onion, 3 minced green chilles, ginger and garlic in a little oil. Fry 2 table spoon of powder for one kilogram of meat.