

### Ingredients

Quantity:	Measure:	Ingredients:	Description:
100	Grammes	Badi Shap/ Aniseed	
2	Twigs/Sprigs	Bay Leaves /Tejpatta (Dry Cinnamon Leaf)	
750	Grammes	Chillies Red Dry	Different varieties
2	Piece	Cinnamon	sticks.
2	Tablespoon	Cloves (spice)	
750	Grammes	Coriander/Dhania	
1	Tablespoon	Jeera Powder	
A Little	<a href="#">Kababchini</a>		
A Little	<a href="#">Mace Powder/Javitri</a>		
	As Required	Maipatri	<a href="#">(mugwort )</a>
1	Teaspoon	Methi - Fenugreek	
1/2	Nos	Nutmeg	
100	Grammes	Pepper Corns	
a Little	<a href="#">Tirphal</a>		
100	Grammes	Turmeric Powder	or whole haldi

### Method

Dry all the ingredients in the sun for a day. Remove stalks of chillies, and cut them in bits. Roast each ingredient separately on a hot thawa. Roast the turmeric (haldi) in hot ashes. It swells and becomes red.

Pound chillies in a mortar and pestle stone grinder separately to a fine powder. Similarly pound all other masalas. Mix them and store them in a bottle and close it with a cork stopper,

so that the contents are air tight.

Use one to two spoons for 250 grammes of meat, fish or vegetables.

A brand of masala is available called "Ghoda Masala" or "Malvani Masala";

**Click on the hyperlinks on javitri, maipatri and tirphal to know more about these herbs**