Written by W.J.Pais

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.