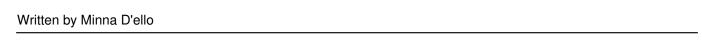
Ingredients

| | Quantity: | Measure: | Ingredients: | Descrip |
|-----|-----------|--------------|---------------------------|-------------------------|
| | 20 | units | Cloves (spice) | Garam N |
| 15 | | units | Cardamoms | Garam Masala - |
| 6 | | units | Cinnamon | Garam Masala - |
| 500 | | Grammes | Chillies Red Dry | Red Pungent |
| 500 | | Grammes | Coriander/Dhania | Digestive |
| 100 | | Grammes | Jeera/Cumin Seeds | Digestive |
| 100 | | Grammes | Turmeric/Haldi | Yellow - Digestiv |
| 100 | | Grammes | Mustard Seed | Digestive |
| 100 | | Grammes | Teel. (Sesame Seeds) | Digestive |
| 100 | | Grammes | Kuskus - poppy seeds | Digestive |
| 2 | | Teaspoon | Aniseed (Suwa, Shopa | a)Digestive |
| 1 | | units | Nutmeg | Flavor |
| 100 | | Grammes | Wheat - whole. | Base |
| 100 | | Grammes | Dhal, Chana | Base |
| 4 | | Twigs/Sprigs | Bay Leaves /Tejpatta (Dry | Gilawa mon Leaf) |

Method

Dry all in the sun and powder it well and bottle the powder.

Bottle Masala - for meats



Use one spoon of this powder for half kilogram of meat, with or without coconut juice.