

Did you know...

Garam masala is a blend of warming spices that is used commonly in Indian cooking. There is no one singular garam masala recipe - different regions and families have their own version of the spice blend, resulting in many version of garam masala.

Generally, one can typically find spices such as cumin, cinnamon, cardamom, nutmeg, peppercorns and mace in garam masala, but as mentioned, individual recipes may vary. To make garam masala, the whole version of these spices are first roasted, then ground together to make the perfect blend.

A blend of so many healthy spices, garam masala is great for digestion, inflammation, and more!

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February
Spice of the Month:
Garam Masala

Coconut Pecan Energy Balls

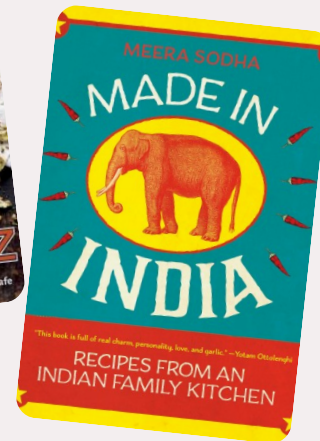
- 1 cup pecan pieces
 - 1/2 cup flaked or shredded coconut (unsweetened)
 - 1/2 cup dates, pitted
 - 1/2 cup dried cranberries
 - 1 tbsp. coconut oil
 - 1/2 tsp. vanilla
 - 1/4 tsp. salt
 - 1/2 tsp. garam masala
- Add pecans and coconut into a food processor and pulse until crumbled. Add the remaining ingredients and pulse repeatedly until well combined. For the best texture – leave the texture course, rather than making it too smooth.
- Roll into 12 small ping-pong sized balls and place on a parchment-lined sheet pan to firm up and cool in the fridge or freezer. Once chilled you can stack in a storage container, or place in a ziplock bag, and continue storing in the fridge for up to 2 weeks, or freeze.



Cauliflower and Red Lentil Curry

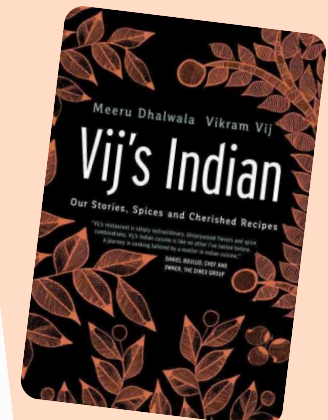
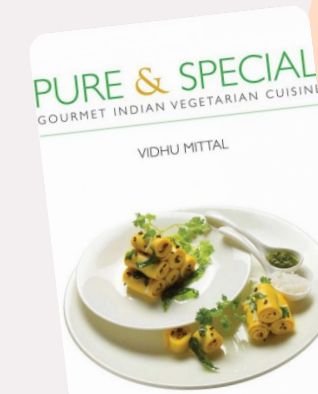
Ingredients

- 2 400g tins coconut milk
- 1 400g tin chopped tomatoes
- 1 head of cauliflower
- 150g dried red lentils
- 2 1/2 tsp. mild curry powder
- 2 tsp. garam masala
- 1/4 tsp. fenugreek powder
- 4 garlic cloves, minced
- 1 yellow onion, finely chopped
- 1/2 tsp. chili flakes
- 1 tsp. maple syrup
- 1 tsp. salt and black pepper
- 3 tbsp. vegetable oil



Directions:

- Finely chop onion, mince garlic and section cauliflower into small pieces.
- Add vegetable oil to a pan that has a lid and add onion and garlic. Cook for a few minutes until onion starts to soften, stirring frequently
- Add cauliflower, lentils and spices, stir to coat then add chopped tomatoes, 1 whole tin of coconut milk and just the hard cream from the second tin. Stir to combine everything.
- Cook for 30 minutes with the lid on, stirring occasionally
- Season with salt, pepper and maple syrup. Serve with fresh herbs, a squeeze of lime and a sprinkle of nuts, if desired



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