

Ras el-hanout

Ingredients

- 2 cinnamon sticks, broken into several pieces
- 1 tbsp cloves
- 1 tbsp coriander seeds
- 1 tbsp cumin seeds
- 1 tbsp fenugreek
- 1 tbsp fennel seeds
- 1 tbsp mustard seeds
- 25g/1¾oz dried Damascan rose petals (available at spice shops and Middle Eastern food stores)

Preparation method

1. Place all the ingredients in a metal frying pan and place over gentle heat. Cook until the seeds begin to pop in the pan. Toss as they start to pop and cook for a couple more minutes, taking care not to let them burn.
2. Remove from pan and grind the mixture in a coffee grinder, mini food processor or pestle and mortar while still warm.
3. Store in an airtight container for one to two weeks.

less than 30 mins

preparation time

less than 10 mins

cooking time

Makes 1 jar

By Skye Gyngell