CHEF AYRA · SIGNATURE BLEND

Fish Curry Powder

the printable collection



Round, fragrant and gently warming. Made to embrace the sea.

RECIPE · ROASTING GUIDE · BATCH CHART
SHOPPING LIST · JAR LABELS · GIFT TAGS

with love, Chef Ayra

DHARTZ DIGITAL STUDIO

THE RECIPE · CHEF AYRA

Fish Curry Powder

Round, fragrant and gently warming. Made to embrace the sea.



ITS CHARACTER

This blend carries fenugreek and melon seed. Fenugreek brings the deep, grounding aroma that fish curry is loved for, while melon seed gives the gravy a soft, creamy body. The heat is kept moderate so the fish stays the star.

★ MODERATE HEAT · MADE FOR FISH

WHOLE SPICES · TO BE DRY-FRIED

Coriander seed	10 g	Clove	5 pcs
Cumin seed	5 g	Cinnamon stick	4 g
Fennel seed	5 g	Bay leaf	1 pc
Yellow dhal	2 g	Black peppercorn	5 g
Red dhal	3 g	White peppercorn	5 g
White rice	3 g	Cardamom	3 pcs
Melon seed	5 g	Black cardamom	1 pc
Fenugreek seed	3 g	Mace	1 pc
Star anise	2 pcs	Nutmeg	¼ pc

ADD-ON READY POWDER		
stirred in after blending & sieving	5 G *Turmeric powder*	5 G *Chilli powder*

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THE METHOD · ROASTING GUIDE

Fish Curry Powder

Dry-fry each group separately in a dry pan, without oil.

GROUP 1

Bay leaf

Bay leaf	1 pc

GROUP 2

The seeds & peppers

Coriander seed	10 g
Cumin seed	5 g
Fennel seed	5 g
Fenugreek seed	3 g
Black peppercorn	5 g
White peppercorn	5 g
Clove	5 pcs
Mace	1 pc

GROUP 3

The warm whole spices

Star anise	2 pcs
Cinnamon stick	4 g
Cardamom	3 pcs
Black cardamom	1 pc
Nutmeg	¼ pc

GROUP 4

The dhals

Yellow dhal	2 g
Red dhal	3 g

GROUP 5

The rice & melon seed

White rice	3 g
Melon seed	5 g

1. **Dry-fry** each group on its own over low to medium heat, stirring, until the fragrance comes out. Set each group aside as it is done.
2. **Blend** all the roasted groups together into a fine powder.
3. **Sieve** the powder, then stir in the ready turmeric powder (5 g) and chilli powder (5 g).

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MAKE MORE · BATCH CHART

Batch Size Chart

Multiply every ingredient by the same number to keep the balance.

INGREDIENT	1 BATCH	2 BATCHES	3 BATCHES
GROUP 1 · BAY LEAF			
 Bay leaf	1 pc	2 pcs	3 pcs
GROUP 2 · THE SEEDS & PEPPERS			
 Coriander seed	10 g	20 g	30 g
 Cumin seed	5 g	10 g	15 g
 Fennel seed	5 g	10 g	15 g
 Fenugreek seed	3 g	6 g	9 g
 Black peppercorn	5 g	10 g	15 g
 White peppercorn	5 g	10 g	15 g
 Clove	5 pcs	10 pcs	15 pcs
 Mace	1 pc	2 pcs	3 pcs
GROUP 3 · THE WARM WHOLE SPICES			
 Star anise	2 pcs	4 pcs	6 pcs
 Cinnamon stick	4 g	8 g	12 g
 Cardamom	3 pcs	6 pcs	9 pcs
 Black cardamom	1 pc	2 pcs	3 pcs
 Nutmeg	¼ pc	½ pc	¾ pc
GROUP 4 · THE DHALS			
 Yellow dhal	2 g	4 g	6 g
 Red dhal	3 g	6 g	9 g
GROUP 5 · THE RICE & MELON SEED			
 White rice	3 g	6 g	9 g
 Melon seed	5 g	10 g	15 g
ADD-ON READY POWDER · AFTER SIEVING			
 Turmeric powder	5 g	10 g	15 g
 Chilli powder	5 g	10 g	15 g

Even for a bigger batch, dry-fry each group on its own.

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PRINTABLE SHOPPING LIST

Your Spice Shopping List

Everything you need for one batch of Fish Curry Powder.

Batches I am making: _____

☐	Coriander seed *whole*	10 g
☐	Cumin seed *whole*	5 g
☐	Fennel seed *whole*	5 g
☐	Fenugreek seed *whole*	3 g
☐	Yellow dhal *whole*	2 g
☐	Red dhal *whole*	3 g
☐	White rice *whole*	3 g
☐	Melon seed *whole*	5 g
☐	Star anise *whole*	2 pcs
☐	Clove *whole*	5 pcs
☐	Cinnamon stick *whole*	4 g
☐	Bay leaf *whole*	1 pc
☐	Black peppercorn *whole*	5 g
☐	White peppercorn *whole*	5 g
☐	Cardamom *whole*	3 pcs
☐	Black cardamom *whole*	1 pc
☐	Mace *whole*	1 pc
☐	Nutmeg *whole*	¼ pc
☐	Turmeric powder *ground*	5 g
☐	Chilli powder *ground*	5 g

BUY WHOLE

Choose whole seeds and spices, not ground. They keep their aroma far longer.

WHERE TO SHOP

Indian, South Asian and Middle Eastern grocers usually have the best price and freshness.

BUY A LITTLE EXTRA

Most spices come in larger packs. Store the rest in airtight jars, away from heat and light.

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PRINTABLE JAR LABELS

Your Blend Labels

Print at actual size on A4 sticker paper, cut around each circle, and write the date you roasted your blend.













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PRINTABLE JAR LABELS · LIGHT EDITION

Small Jar Labels

A lighter, ink-saving version for smaller jars. Print at actual size on A4 sticker paper.



FISH
CURRY POWDER
Signature Blend
made on _____



FISH
CURRY POWDER
Signature Blend
made on _____



FISH
CURRY POWDER
Signature Blend
made on _____



FISH
CURRY POWDER
Signature Blend
made on _____



FISH
CURRY POWDER
Signature Blend
made on _____



FISH
CURRY POWDER
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made on _____



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made on _____



FISH
CURRY POWDER
Signature Blend
made on _____



FISH
CURRY POWDER
Signature Blend
made on _____



FISH
CURRY POWDER
Signature Blend
made on _____

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PRINTABLE GIFT TAGS

Share the Blend

Print at actual size on card, cut out, punch the circle and tie to your jar with twine.



a little jar of
FISH CURRY POWDER
made with love
for _____ *from* _____



a little jar of
FISH CURRY POWDER
made with love
for _____ *from* _____



a little jar of
FISH CURRY POWDER
made with love
for _____ *from* _____



a little jar of
FISH CURRY POWDER
made with love
for _____ *from* _____



a little jar of
FISH CURRY POWDER
made with love
for _____ *from* _____



a little jar of
FISH CURRY POWDER
made with love
for _____ *from* _____



a little jar of
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a little jar of
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for _____ *from* _____

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