BONUS · PRINTABLE SHOPPING LIST

Your Spice Shopping List

Everything you need to make one batch of all five signature blends.

☐	Coriander seed *all blends*	50 g
☐	Cumin seed *all blends*	25 g
☐	Fennel seed *all blends*	25 g
☐	Fenugreek seed *fish only*	3 g
☐	Yellow dhal *all blends*	10 g
☐	Red dhal *all blends*	15 g
☐	White rice *all blends*	15 g
☐	Melon seed *fish only*	5 g
☐	Star anise *all blends*	10 pcs
☐	Clove *all blends*	25 pcs
☐	Cinnamon stick *all blends*	20 g
☐	Bay leaf *all blends*	5 pcs
☐	Black peppercorn *all blends*	25 g
☐	White peppercorn *all blends*	25 g
☐	Cardamom *all blends*	15 pcs
☐	Black cardamom *all blends*	5 pcs
☐	Mace *all blends*	5 pcs
☐	Nutmeg *all blends*	1¼ pcs
☐	Turmeric powder *added after blending*	23 g
☐	Chilli powder *added after blending*	41 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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