



Berberé Mix

This is an Ethiopian herb and spice mix that can be used as a rub on meat and fish. I also add it to stews and anything that needs a bit of a kick. I try and get a lot of the herbs and spices in their whole state and then crush them in a mortar and pestle – makes me feel good and the scent of it is amazing. If you can't get them fresh then dried is fab.

1tsp crushed fenugreek seeds [I could only find the powder]

½ cup ground dried chillies

½ cup paprika [I love smoked sweet paprika]

2 tbsps salt [I reduce this amount as it's a lot of salt]

2 tspns ground ginger [I use the powder form]

2 tspns onion powder

1 tspn freshly ground cardamon

1 tspn freshly grated nutmeg

½ tspn garlic powder

¼ tspn ground cloves [when I crush these I get Christmas flashbacks!]

¼ tspn ground cinnamon

¼ tspn allspice

Grind anything you have fresh and then mix it all together.

Take time to just smell each herb/spice – amazing.

I put the mix in a bowl and keep it near the stove so I can add it when I'm cooking.

<http://lifedreaming.me>