

Curry Powder

Curry powder is a blend of up to 16 spices. It's a beautiful blend with the distinct flavors of Indian cooking. Many of the spices have important health benefits as well.

Typical curry powders include coriander, turmeric, cumin and chili pepper. Some also include garlic, ginger, cinnamon, clove, nutmeg and black pepper. Curry powder blends can range from very mild to spicy.

How to use

- Mix into yogurt or sour cream for a dip or dollop.
- This versatile spice goes great in any tomato-based dish.
- Sprinkle on pasta or cooked grains.
- Use to enhance green salads.
- Mix with scrambled eggs.
- Sprinkle on popcorn for a quick snack.
- Delicious mixed into hummus.
- The amount of the herb blend will vary according to personal preference. To experiment, start out with 1 teaspoon of spice per 4 servings.

How to store

- Store spices in a cool, dry and dark space. Be sure to use within 1 year for optimal flavor. Buy only a reasonable amount at one time that can be used up.
- Store in sealed container like glass jars or plastic containers with a sealed lid. Plastic bags are not recommended; too much flavor is lost soaking through the bag.