

African Spice Mix



This spice combo is similar to what you might expect to be served in East African cuisine.

Preparation time: 10 minutes

Ingredients

1 tsp. olive oil
1/4 tsp. red pepper flakes
1/2 tsp. coriander seeds
1/2 tsp. caraway seeds
1 clove garlic (minced)
1/4 tsp. ground cumin
1/4 tsp. sea salt
1/2 tsp. sugar
1/4 C. low-sodium vegetable broth (if applying to plant-based product)

Instructions

1. Heat olive oil in a small sauté pan until oil begins to shimmer. Add coriander seeds and caraway seeds. Toss until seeds begin to pop and brown. Remove from heat and add pepper flakes and garlic. Toss until garlic releases its aroma. Add ground cumin, salt and sugar.
2. Transfer to a mortar and pestle or spice grinder and grind or pulse until well blended.
3. If using on meatless product, add broth to 1 T. of the spice mixture and toss browned pieces well with the spiced broth. Toss the meatless pieces in a saute pan with 1/4 C. wine until wine disappears. Cover pan and let stand for 5 minutes before serving.
4. If rubbing on chicken, do not add broth. Simply put on latex gloves and rub breasts with the paste, before baking them.

