



# ESSENTIAL SRI LANKAN SPICES

Sri Lanka is famous for its aromatic spices that add depth and complexity to dishes. If you're looking to cook this cuisine, then stocking up on the right Ceylon spices is a good starting point.

## POPULAR SRI LANKAN SPICES

- cilantro
- paprika
- curry leaves
- cinnamon
- cloves
- pandan leaves
- cumin
- chili
- lemongrass
- cardamom
- black pepper
- ginger
- nutmeg
- fenugreek
- garlic
- turmeric
- mustard seeds
- vanilla

## SRI LANKAN CURRY POWDER

### Ingredients

- 2 tablespoons cilantro seeds
- 1 tablespoons cumin seeds
- 1 tablespoon fenugreek seeds
- 2 tablespoons fennel seeds
- 1/4 teaspoon cardamom seeds
- 1 inch cinnamon stick
- 4 cloves
- 1 teaspoon black peppercorns
- 1 teaspoon turmeric powder

### Method

1. In a dry pan, toast the cilantro seeds, cumin seeds, fenugreek, cardamom, and fennel seeds over medium heat for about 2-3 minutes, until fragrant.
2. Add the cinnamon stick, cloves, and black peppercorns to the pan and continue to toast for another 1-2 minutes.
3. Remove the pan from the heat and let the spices cool completely.
4. Once the spices have cooled, transfer them to a spice grinder or mortar and pestle and grind them into a fine powder.
5. Add the turmeric powder to the spice blend and mix well.

