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## Garam Masala

Garam Masala is a mix of spices typical of Asian cuisine, especially Indian and Pakistan, which is also widespread in the south of the continent. The meaning of the term can be translated with a mixture of hot spices, both in the sense of warming the body, and in the sense of spicy or better pungent.

The first meaning refers to the use of Garam Masala against hypothermia by Ayurvedic medicine, the second meaning to the effect that the spice mixture has on taste buds: pinch, and a lot, but it is not spicy in the true sense of the term.

### Types of garam masala

Speaking of terms, it must be said that masala is the Indian name of what Italy and more generally in the West is called curry. There are different types of masala depending on their particular use in the kitchen. Just as it is true that based on the spices used in the mixture, a certain type of garam masala can lend more to seasoning one dish than another.

Different blends of spices also mean different principles and beneficial effects, from anti-inflammatory to antioxidant ones. In general, garam masala helps digestion, especially for heavier dishes such as meat dishes.

### Garam masala and uses in the kitchen

In the kitchen this mix of spices pounded in the mortar and then mixed, is used to flavor and marinate a whole range of dishes: from vegetable salads to chicken salads, from soups to cakes and baked goods. Garam masala in particular in Asian cuisine is used to flavor cous cous, basmati rice, white meat and fish dishes, even freshwater.

Garam masala then enriches different types of Pilaf (a traditional Pakistani rice dish). As a rule, the spice mixture should be prepared immediately before use and added only at the end of cooking on foods, so as not to disperse the aroma.

After toasting the spices, it is therefore better to grind and mix them only when they are needed.

### All spices from Garam Masala

The "traditional" Garam Masala – although it cannot be said that there is a "recipe" to be considered definitive – is composed of typical Indian spices such as **cumin, nutmeg, cloves, cardamom, turmeric, coriander seeds, cinnamon, black peppercorns, ginger, dried bay leaves**. But as mentioned, there are many variants, depending on national and local wise and tradition wise.

There are several mixtures of garam masala for you to buy, with more or less valuable spices, of greater or lower quality. Origin and certification of the raw material together with the guarantee provided by a certain type of processing, such as craftsmanship, obviously give greater safety from the point of view of the authenticity of the product.