

21 Steps TO MAKE DRIED SPICES AND HERBS

MATERIALS

| | |
|------------------------|--------------|
| Turmeric..... | (2 handfuls) |
| Ginger..... | (1 handful) |
| Coriander seeds..... | (1 handful) |
| Cinnamon leaves..... | (1 handful) |
| Garlic..... | (1 handful) |
| Maize seeds..... | (1kg) |
| Mortar and pestle..... | (1) |
| Charcoal stove..... | (1) |
| Mingling stick..... | (1) |
| Cup..... | (1) |
| Trays..... | (6) |
| Sieve..... | (1) |



1 Wash your hands.



2 Wash the turmeric and ginger.



3 Steam the turmeric for one hour on top of banana leaves in a large pot on a stove.



4 After the turmeric has cooled, pound it using a mortar and pestle until it is evenly mashed.



5 Place it in the sun for 1-2 days to dry.



6 After the turmeric has dried, pound it again in the mortar and pestle until it is fine and thin.



7 Sieve the turmeric to separate the fine particles from the larger particles.



8 Pound the ginger and garlic together using a mortar and pestle until they are evenly mashed.



9 Place the mixture in the sun for 1-2 days to dry.



10 After the ginger-garlic mixture has dried, pound it again in the mortar and pestle until it is fine and thin.



11 Sieve the ginger-garlic mixture to separate the fine particles from the larger particles.



12



Fry the maize seeds in a dry pan until almost golden brown.

13



Pound the maize in the mortar and pestle until it is fine.

14



Sieve to separate the fine particles from the larger particles.

15



Pound the dry cinnamon leaves.

16



Sieve the cinnamon powder to separate the fine particles from the larger particles.

17



Fry the coriander seeds until they turn golden brown.

18



Pound the coriander seeds.

19



Sieve the coriander powder to separate the fine particles from the larger particles.

20



To mix the quantities of the herbs to create 1 kilogram of spices, measure;

- 1 cup of the maize flour
- ½ cup of turmeric
- 2 teaspoons of garlic and ginger
- 2 teaspoons of cinnamon
- 2 teaspoons of coriander

21



Pack your spice and herb mixture in airtight containers that has a label showing the ingredients. The product will then be ready for sale!

TIPS

1. Steaming instead of boiling the turmeric helps preserve the color, flavor and nutrients of the turmeric.
2. Steaming also helps it be more brittle while drying which will enable it to easily turn into powder.
3. You can continue to pound the larger particles of each of the ingredients until they are all finely ground.