

BERBERE SPICE MIX

If you like life a little spicy, then you need berbere (bair-bair-eh) to be part of it. This building block of Ethiopian and Eritrean cuisine takes any dish from 'hmm' to 'hooray', adding complex flavours and aromas, plus a decent spicy kick. I use it in a spiced butter that's drizzled over my [Genfo Barley Porridge](#) but there are so many other ways you can use it! See below for more ideas.



Makes: 1 cup

Time: 10 minutes



INGREDIENTS

2 tbsp chilli flakes
½ tsp salt flakes
½ tsp peppercorns
3 cardamom pods, seeds only
1 tsp fenugreek seeds
1 tsp cumin seeds
2 tsp coriander seeds
½ tsp ground ginger
tiny piece nutmeg
2 cloves



METHOD

Thermomix Method:

1. Add all spices to mixing bowl and toast **7 min/Varoma/speed 1**, then blend **45 secs/speed 10**.

Store in an airtight container in a cool, dark place.

Traditional Method:

1. Add all spices to a heavy-based frypan and toast gently, stirring often, until fragrant.

2. Transfer to a mortar and pestle, or coffee grinder, and grind to a fine powder.

Store in an airtight container in a cool, dark place.

Tips

- Use this Berbere as a dry rub for ribs, steaks or chicken, or add oil and use it as a marinade.
- Blend with butter and use on steamed corn cobs or in garlic bread.
- Berbere will keep for a month or two, then the flavours will be a little muted.

Variation

- Adjust chilli levels to suit your tastes.



BERBERE SPICE MIX

Makes: 1 cup



SHOPPING LIST:

- Chilli flakes (2 tbsp)
- Peppercorns (½ tsp)
- Cardamom pods, seeds only (3)
- Fenugreek seeds (1 tsp)
- Cumin seeds (1 tsp)
- Coriander seeds (2 tsp)
- Ground ginger (½ tsp)
- Nutmeg (tiny piece)
- Cloves (2)



NOTES & TIPS: