

Panch Phoron | Bengali Five Spice

Swick

Makes 1 1/4 cups | Active Time: 10 minutes | Total Time: 10 minutes

Step 1: Measure & Mix Spices

- 1/4 cup whole fenugreek seed
 - 1/4 cup whole fennel seed
 - 1/4 cup whole nigella seed
 - 1/4 cup whole brown mustard seed
 - 1/4 cup whole cumin seed
- Measure equal parts of each spice. Pour all ingredients into a mixing bowl and stir to blend. Funnel into an airtight container and store in a cool, dry place.
- To use, lightly toast the mixture, if desired and then either leave whole or grind.