

Origin

Garam masala is believed to have originated in Northern Indian cuisine, where it is especially found in traditional Mughal dishes. In Ayurvedic medicine, the spices in garam masala are warming, meaning that they increase the metabolism (rather than being hot in flavor). Northern India has more areas that have cold seasons, so warming spices are welcome. Garam masala spread throughout the Indian subcontinent and as far west as present-day Iran.

There is no single garam masala recipe. The ingredients differ according to the region as well as each chef's individual preferences. Garam masala from Northern India, including the Punjab region, often has only black pepper for a hot element and mostly focuses on aromatic and sweet spices. The farther south you go in India, the hotter the garam masala is likely to be as red chiles are likely to be part of the blend. The spices also change, based on what is more common locally.

Recipes are not only regional but also passed down through families. Learning to mix spices (to be a masalchi) is a matter of pride in India, and each cook strives to make the best garam masala blend.

<https://www.thespruceeats.com/what-is-garam-masala-995690>



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Garam Masala Spice World Kit



**Next Kit: September 27
Tajin**

Health Benefits

In Ayurvedic medicine, Garam Masala has been used for centuries to treat a number of common health issues as well as in the promotion of overall good health. Some of the best known health benefits of Garam Masala include the following:

- Reduces bloating
- Fights bad breath
- Staves off disease
- Boosts the immune system
- Aids in detoxification
- Acts as an effective pain killer
- Lowers blood sugar levels
- Slows the aging process
- Relieves gas & heartburn
- Soothes upset stomach
- Promotes weight loss
- Increases the body's ability to absorb vitamins, minerals & other nutrients



The Spruce Eats / Kaley McKean

Ingredients

Spices (including Cumin, Cardamon, and Turmeric).

Basmati Rice Seasoned with Garam Masala

- 2 cups basmati rice
- 4 tablespoons butter
- 1 medium-size onion, chopped
- 1 clove garlic, minced
- 1 teaspoon garam masala
- 1 salt & freshly ground black pepper, to taste
- 4 cups vegetable broth

DIRECTIONS

1. Preheat oven to 350°F.
2. In a medium stove-to-oven pot melt butter over medium heat.
3. Add chopped onions, garlic and garam masala and cook 3 to 5 minutes, stirring until onions are softened.
4. Add rice and stir until well coated.
5. Add vegetable stock, salt and pepper to taste.
6. Bring to a boil.
7. Cover and bake in the oven until the rice is tender and the stock is absorbed, about 20 to 25 minutes.
8. Let stand, covered for 5 minutes before serving.

<https://www.food.com/recipe/basmati-rice-seasoned-with-garam-masala-6582>

Garam Masala Chicken

- 2 tablespoons ghee
- 1 ½ pounds boneless, skinless chicken thighs chopped
- 1 large yellow onion chopped fine
- 2 teaspoons salt
- 1 tablespoon garlic
- 2 tablespoons finely grated ginger
- 1 tablespoon turmeric
- 2 tablespoons garam masala
- ¼ teaspoon cayenne powder
- 1 cup diced tomatoes
- 2 cups coconut milk
- chopped cilantro to serve

DIRECTIONS

1. Warm ghee in a Dutch oven over medium high heat. When it melts, toss in the chopped chicken. Sauté chicken in until opaque, and then stir in yellow onions. Turn down the heat to medium, and sprinkle the salt over the onions. Stir frequently and allow the onions to cook until translucent, about 10 minutes.
2. Stir in the garlic, ginger, turmeric, cayenne and garam masala. Continue stirring the spices into the chicken and onions until they're completely coated. Then stir in the diced tomatoes and coconut milk.
3. Simmer the sauce over medium heat, stirring occasionally, until the chicken is fall-apart tender and the sauce thickens - about 20 minutes. Serve warm over rice with chopped cilantro.

<https://nourishedkitchen.com/garam-masala-chicken-curry/>