

panch phoron

preparation time: 3 minutes
cooking time: no cooking
chilli rating: mild

difficulty level: easy
makes: 2/3 cup



black mustard seeds

ingredients

- 2 tbs cumin seeds
- 1 tbs black or brown mustard seeds
- 1 tbs fennel seeds
- 1 tsp fenugreek seeds

method

Place cumin, mustard, fennel and fenugreek seeds in a small jar. Seal and shake well to combine. Keep whole spices for up to 6 months in a cool, dark place.

When ready to use, place amount needed in spice grinder and grind to a powder.

Alternatively, grind all the spices in a spice grinder to a fine powder and store in jar in refrigerator for up to 6 months.

Ajoy's tips click [bengali fish stew recipe](#) for a dish based on panch phoron

This recipe remains the copyright of ajoy joshi & nilgiri's. For more recipes visit us at nilgiris.com.au/pages/indian-recipes/recipes.html