

Caribbean Curry Powder: *Carol Harris*

4 tablespoon whole coriander seeds

2 tablespoon whole cumin seeds

2 tablespoon mustard seeds

3 star anise

1 tablespoon fenugreek seeds

1 tablespoon allspice (pimento) berries

3 tablespoons ground turmeric

Place all the ingredients, except the turmeric, into a dry frying pan. Toast the spices over a medium heat for about 5- 6 minutes or until they colour slightly and release their aroma.

Allow the spices to cool and then grind them to a powder with a pestle and mortar or use a spice grinder. Mix in the turmeric and store in an airtight container.

This recipe makes a mild, aromatic curry powder and does not contain any heat. Cayenne pepper can be added for a hotter version but traditionally Scotch Bonnet peppers are used for heat in Jamaican food, they impart a wonderful flavour and aroma as well as being fiery!