



Curry Rub

Ingredients:

1/4 cup whole coriander seed
1/4 cup whole cumin seed
1 Tablespoon ground turmeric
1 teaspoon whole fennel seed or star anise
2 Tablespoons granulated maple sugar (or organic sugar, or light brown sugar)
2 Tablespoons Kosher salt
1 teaspoons citrus salt (citric acid)
2 teaspoons granulated onion or onion powder
1 tablespoon granulated garlic or garlic powder
1 tablespoon whole black peppercorns or 1 tablespoon white

Optional:

Cayenne or other ground hot pepper to taste

Procedure:

1. Combine coriander, cumin, pepper, sugar and fennel in a spice or coffee grinder grind to a coarse powder (you may need to do this in multiple batches) and pour out into a medium mixing bowl.
2. Add remaining ingredients and mix thoroughly or push through a strainer to combine evenly.
3. Store in an airtight container

Usage:

Rub into any food before cooking.

Note: the citric acid will "marinate" the food to small extent so do not leave on too long before cooking (unless you want the effect).