



## Lebanese 7 Spice (Baharat)

The classic seasoning in most Lebanese dishes is 7 Spice, also called baharat, and each cook and spice merchant has their preferred combination and ratio of spices. Many blends contain more than seven spices, as the “seven” may more literally mean “several”. The most typical spices are black pepper, allspice, cinnamon, coriander, cumin, cloves and nutmeg in varying quantities, while ground ginger, cardamom and paprika are sometimes also added. Here’s the ratio I like – the addition of paprika is a tip from a friend’s Teta. Use this blend in my recipes, adjust it to suit your own taste, or buy a pre-made baharat from your favourite spice merchant or Middle Eastern grocer.

**Makes about 16g (2 tablespoons)**

### INGREDIENTS

- 3 teaspoons allspice berries (pimento)
- 2 teaspoons black peppercorns
- 2 teaspoons coriander seeds
- ½ stick cinnamon (about 3g)
- ½ teaspoon cumin seeds
- ¼ teaspoon cloves
- ½ teaspoon sweet paprika
- ½ teaspoon freshly grated nutmeg (about ¼ nut)



### METHOD

1. Place allspice, peppercorns, coriander, cinnamon, cumin and cloves in a frying pan over medium heat.
2. Stir for about 4–5 minutes, until the spices are very aromatic and hot to the touch.
3. Place in a spice grinder with paprika and nutmeg and blitz as finely as possible.
4. Set aside to cool then store in an airtight jar in a cool, dark place.