Sauces

Baharat Seven-Spice Blend

The Levantine pantry cornerstone: seven spices — allspice, coriander, cumin, cinnamon, black pepper, nutmeg, and clove — toasted and ground together into a warm, complex powder that perfumes rice, lamb, chickpeas, and soups with the particular depth that is instantly recognizable as the Arab kitchen.

Time 20 min **Servings** 4

What you'll need.

- ☐ 30 g Allspice berries (whole)
- ☐ 20 g Coriander seeds (whole)
- ☐ 20 g Cumin seeds (whole)
- ☐ 15 g Cinnamon stick (broken)
- ☐ 15 g Black peppercorns (whole)
- ☐ 5 g Whole nutmeg (grated fresh)
- ☐ 5 g Cloves (whole)

Let's make it.

01 Place allspice, coriander, cumin, broken cinnamon pieces, black peppercorns, and cloves in a dry skillet (do not add the nutmeg — it is too oily and will scorch). Toast over medium heat, stirring constantly, for 3–5 minutes. The spices are ready when they turn one shade darker, small wisps of smoke begin to rise, and the kitchen fills with a deep, warm aroma. Transfer immediately to a plate to cool — leaving them in the hot pan will over-cook them.

02 Allow the toasted spices to cool completely before grinding — hot spices release steam in the grinder and produce clumped, wet powder. Transfer to a spice grinder or powerful blender. Grate fresh nutmeg directly into the grinder. Grind in 10-second pulses until the blend is a uniform, fine powder — no visible whole spice pieces remaining. Pass through a fine sieve if any coarse pieces persist.

03 Transfer immediately to a small airtight jar — glass is preferred over plastic, as the volatile oils will slowly absorb into plastic over time. Label with the date. Store in a cool, dark cupboard away from the stove. Use within 2 months for maximum potency; the blend fades quickly once ground. To use: add 1–2 teaspoons per 500 g of meat or 200 g of rice, stirred in during the cooking of the aromatics.

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Servings are an estimate; check quantities in the source recipe.
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