

*Alamelu's Spice List for South Indian Cooking*

1. **Asafoetida**
2. **Bayleaf**
3. **Black Mustard Seeds**
4. **Black Pepper (whole or powdered)**
5. **Cayenne Powder**
6. **Cinnamon**
7. **Cumin seeds (seeds/powder)**
8. **Fennel Seeds**
9. **Fenugreek Seeds**
10. **Poppy Seeds(white)**
11. **Red Pepper (whole/powdered)**
12. **Roasted Chick peas (Known as Chana Dalia)**
13. **Saffron**
14. **Tamarind Paste**
15. **Turmeric Powder**
16. **Urad Dal (Split)**

*Spice Powders Used in South Indian Cooking*

1. **Black Pepper/Cumin Powder – combine in equal portion**
2. **Cayenne Powder**
3. **Chutney Powder (MTR Brand)**
4. **Coconut Powder (unsweetened powdered coconut)**
5. **Cumin Powder**
6. **Curry Powder**
7. **Garam Masala Powder**
8. **Rasam Powder (MTR Brand)**
9. **Sambhar Powder (MTR Brand)**

*Rice and Lentils (Dals) Commonly Used*

1. **Extra Long Grain Rice**
2. **Basmati Rice**
3. **Jasmine Rice**
4. **Brown Rice (if you preferred to make flavored rice with brown rice)**

**Lentils (Dals) also known as Pulses commonly used in South Indian Cooking are the following:**

- 1. Moong Dal**
- 2. Toor Dal**
- 3. Masoor Dal**
- 4. Yellow Split Peas**

**Oil that is used in South Indian Cooking are the following:**

- 1. Canola Oil**
- 2. Corn Oil**
- 3. Olive Oil**

### **The Indian Spice Box**

**In an Indian spice box there are 7 small containers that usually contain the following spices for South Indian cooking:**

- 1. Black mustard seeds**
- 2. Urad dal**
- 3. Cumin seeds**
- 4. Fennel Seeds**
- 5. Fenugreek seeds**
- 6. Dried red pepper**
- 7. Cinnamon sticks**

**Under the lid of the spice box is another lid that snugly holds the small containers with its contents in its place. This lid is very convenient for storing a little spoon to scoop the spices.**

### **Storing Spices and Dals**

**We highly recommend removing spices , powders, dals (lentils) from their plastic wraps and storing them in bottles with identifying labels.**

**Spices kept in kitchen cabinet in jars will retain flavor, aroma and color. Also, setting up and arranging a basic spice pantry in the jars near the stove will provide easy access and makes cooking easier.**

**Dals (Lentils) can also be stored in glass bottles with identifying labels.**

**There are various size glass jars with lids available in spice shops. Canning jars can also be used for storing spices.**

**Spices will retain their quality for many months, tightly closed even for a year.**

**If you purchase spices, rice, dals in bulk, you will have more than what you will need for ready use in the kitchen. The remaining amount can be stored in a dry, airtight container on a cool pantry shelf.**