



SPICE WORKSHOP ***Saturday 9th September 2023***

On a beautiful sunny spring morning nearly 20 members and friends turned up at Marilyn`s to attend the Spice Workshop to learn how to concoct different spice mixes. Over a morning tea of a splendid Dutch Spice Cake and a tasty Turmeric milk drink, we learned that there were six mixes to be created using basic ingredients locally supplied a Sri Lankan Brown curry powder, a Kashmiri Garam Masala from India, Shichimi Togarashi 7-Spice from Japan, a Chinese 5 Spice, Za`atar from North Africa and a Malaysian curry blend.

We formed small groups of 2 or 3 and proceeded to assemble, dry roast and grind the different spices as per the supplied recipes. The result was a beautiful aroma and a lot of hard work with mortar and pestle, until Marilyn took pity on us and we were able to use electric grinders.

Lunch comprised a Coconut Chicken with Greens Salad and a Vietnamese Salad with Tofu plus home baked bread, followed by Turmeric Cake and Love Cake. Delicious as it was, some were so enthused that they worked through lunch. At the end of it all each of us had 6 spice bags to take home to try out something to look forward to. Some extras were made so that anyone wanting to try the different curries and spices would be able to purchase them at a future SlowFood event.

The next one is a Garden Day with a Springtime Al Fresco Lunch and will feature the two recently established Tapitallee gardens of Nick and Marilyn. It will be a `bring a plate to share` affair with BYO and should be a friendly social occasion.

