

## Just like Mama used to make!

A recipe containing no herbs and spices would be very bland indeed and no self-respecting Arabian kitchen would be without its own favourite blend of Baharat – the Arabic word for a mixed blend of spices.

Used to flavour every day meals, Baharat is a staple ingredient in every Arabian spice rack and Terra Rossa is delighted to bring its own recipe to the great kitchens of the United Kingdom.



Hanan Samara, the founder of Terra Rossa explains: “Baharat is the Arab equivalent of the Indian spice mix Garam Masala and our new recipe is very close to what my own mother used to make – hence we have called it Mama’s Baharat”. It contains an infusion of flavours such as coriander, dill, galangal (a root from the ginger family), cinnamon, allspice, nutmeg, cardamom, bay leaves and karawya seeds.

Mama’s Baharat transforms everyday recipes into something truly special. Use it for seasoning Freekeh, burgul, stews and curries. Add a dash to soups and sauces – or even eat it as a condiment. This versatile spice mix can also be used to marinade lamb, chicken and fish. Simply mix with olive oil, yoghurt, lemon juice and some mashed garlic and leave to infuse before cooking.

The retail price is £2.95 for a 50g tin and £4.50 for 90g and are available directly from Terra Rossa. To purchase Baharat and numerous other authentic Great Taste Award-Winning Arabian specialities from extra virgin olive oils, herbs, spices and sauces to fresh dips and sweets, call 020 8661 9695 or email [info@terra-rossa.com](mailto:info@terra-rossa.com)

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