



# Dukkah

**Season:** All

**Serves:** 30 tastes in the classroom or 6 at home

**Fresh from the garden:** coriander seeds

This spice mix is a good one to consider for a fund-raising sale.

## Equipment:

metric measuring cup and spoons  
medium frying pan  
mixing spoon  
mortar and pestle  
mixing bowl  
serving bowl

## Ingredients:

1/2 cup sesame seeds  
1 tsp flaked sea salt  
2 tbsp coriander seeds  
2 tbsp cumin seeds  
1 tbsp freshly ground pepper

## What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Heat the medium frying pan over medium heat.
3. Add the sesame seeds and dry fry, stirring for 2 minutes or until golden.
4. Add the sesame seeds to the mortar and pestle with the salt, grind roughly then add them to the mixing bowl. (This will help release the flavours and oils.)
5. Place coriander seeds in frying pan over medium heat, toss and, after a minute, add the cumin seeds and cook till aromatic.
6. Add the coriander and cumin seeds to the mortar and pound finely.
7. Add the crushed spices and pepper to the sesame seeds and mix well. Tip into a serving bowl. This is the perfect accompaniment to the **Eggplant Curry with Yoghurt** (page 127).

