

Bend It Like Beckham Cheat Sheet #1

- 4 T roasted, unsalted Cashews

- 1 T Roasted Peanuts

- 1 inch Cinnamon stick

- 2 T Charoli

- 2 T roasted Chick Peas

- 7 Cloves

- 1 t Black Peppercorns

- 1/4 t Ground Tumeric

- 2 Star Anise

- 6 dried, hot Chili Peppers

- 1 1/2 T Watermelon Seeds

- 1 t Cumin Seeds