



Shichimi Togarashi

makes almost 2 cups (with salt)

- 3 tablespoons white sesame seeds
- 2 tablespoons black sesame seeds
- 2 tablespoons poppy seeds
- 6 tablespoons Szechuan peppercorns
- 2 tablespoons crumbled dried nori (roasted seaweed)
- 6 tablespoons dried orange peel
- 4 tablespoons chile powder
- 2 tablespoons hemp hearts
- 1/2 tablespoon ground ginger
- 3 tablespoons coarse sea salt, optional

In a small, heavy skillet over medium heat, lightly toast the white sesame, black sesame and poppy seeds. Remove to a medium bowl and set aside to cool.

In a spice grinder combine, two-thirds of the toasted seeds with the peppercorns and process to a coarse texture. Add back to the bowl.

Grind the nori and dried tangerine peel to a slightly finer texture. Add this to the bowl along with the chile powder, hemp seeds, ground ginger and salt, if using. Stir well to combine.

Transfer to an airtight container and store in a cool place for up to 4 months.