

Indian Spiced Flax Seeds Powder or Teesi

Ingredients:

Flax seeds: 1 cup
Dried bay leaves: 3 small
Dry red chillies: 4 (Use more if you like)
Coriander seeds: 2 tablespoons
Salt: 1/3 tsp (adjust to taste)

How I did it:

1. Heat a pan. On slow heat, Dry roast each of the ingredients above (except salt) separately. The ingredients should be roasted separately as the roasting time for each ingredient varies. In order to avoid any burning, make sure you stir continuously during the roasting process.
2. Flax seeds when done start to sputter. Be careful and make sure the heat is slow and the flax seeds don't get burnt.
3. Once all the ingredients are roasted, allow them to cool.
4. When the ingredients have cooled off, combine all the ingredients together with the salt and dry grind it to a coarse powder using the dry grinder / miller attachment of your food processor.
5. Store in an air tight jar at room temperature. *Teesi* is usually had as a condiment with your regular meal or added to natural yoghurt to make it more flavorful.