

Tandoori Mushrooms

Tandoori is a style of dish named after the cylindrical clay oven in which the dish is traditionally prepared, called a tandoor, which gets up to almost 500 degree F.

I played with many spice blends until I found one that lands in a moderate heat zone using commonly available spices. Toasting and grinding some of the whole spices delights the nose and palate. Starting with whole spices also gives a higher antioxidant value than using ground spices.

If you enjoy this recipe I hope you'll explore other versions that may include turmeric, fennel, cardamon, garam masala, cloves, mace, nutmeg or fenugreek.

Ingredients

- 3 Tablespoons Tandoori spice blend (see below)
- 2 teaspoons ginger, grated
- 4 cloves garlic, grated or finely minced
- 1 Tablespoon lemon juice
- ¼ teaspoon sea salt
- ⅛ teaspoon white pepper
- 1 Tablespoon brown rice flour (optional)
- 1 cup yogurt, cow or goat or coconut
- 12 ounces mushrooms, crimini or white button, trimmed and brushed clean
- TANDOORI SPICE BLEND - enough for 2 batches of recipe
- 2 ½ Tablespoons cumin seeds, toasted and ground
- 2 Tablespoons sweet paprika, ground
- 1 Tablespoon coriander seeds , toasted and ground
- ½ Tablespoon powdered ginger
- 1 Tablespoon garlic powder or granules
- ½ Tablespoon cinnamon, ground
- 1 teaspoon black peppercorns, ground
- ¼ teaspoon cayenne pepper

Method

To make Tandoor spice blend, toast the cumin seeds and coriander seeds in a heavy skillet until they are fragrant. Grind them in a spice grinder or mortar and pestle until powdered. Combine

with other spices.

Mix yogurt, 3 Tablespoons of Tandoori spice blend, fresh ginger, lemon juice, salt and white pepper in a glass or ceramic mixing bowl. A metal bowl will impart metallic taste to the acidic marinade. If you like a crustier coating, add rice flour. Add mushrooms and mix gently to coat. Let marinate for 30 minutes to overnight at cool room temperature or in refrigerator.

Preheat oven to 400 F. Turn the mixture into an ovenproof glass baking pan. Bake uncovered for 20 minutes then check the mushrooms. If they have dried out just a bit they are done. Cover and keep warm until serving.

Serve hot on bed of rice with a fresh herbal chutney such as Spinach, Cilantro, Pistachio Chutney.

Notes



Large pieces of tempeh, well-drained tofu and vegetables such as zucchini, bell peppers, eggplant, tomatoes are delicious when baked with this marinade.

The mushrooms may also be skewered and baked for about 20 minutes at 400 F. Be sure to soak bamboo skewers for 30 minutes in cold water before loading on the mushrooms so the skewers don't burn in the oven. Leaving a little space between mushrooms allows more even baking. Alternating mushrooms, tempeh or tofu and other vegetables would make a whole meal on a stick - Tandoori to go!

Source: [Tandoori spice blend adapted from The Spice Companion, Lior Lev Sercarz \(4 servings\)](#)
