**Ethiopian Berbere**
Whole spices
1 tbsp coriander seeds
1 teaspoon cumin seeds
½ teaspoon fenugreek seeds
1/4 teaspoon black cardamom seeds (removed from the husk)

Ground Spices
1/4 cup New Mexico chile powder
2 tbsp granulated onion (or 2 tsp onion powder)
1 tbsp smoked paprika
½ - 2 teaspoon cayenne
½ teaspoon ground cinnamon
½ teaspoon cloves
¼ teaspoon allspice
½ teaspoon ground black pepper
1 teaspoon turmeric

To finish
1 ½ tablespoon oil
1/2 medium red onion minced
6 cloves garlic minced or grated
1/2 inch fresh ginger minced or grated
3/4 tsp salt
¼- ½ cup water as needed to thin out, or more oil

1. Toast whole spices in a hot pan until fragrant, then transfer to a coffee grinder or mortar and pestle and grind to a fine powder.
2. Combine toasted ground spices with ground spices and mix well. In a blender or food processor combine the powder spices with the oil, shallot, garlic, ginger, and salt, blend until a paste is formed and add water to mixture until you form a paste. You can use oil instead of water to create a thicker paste.

**Korean Meat Marinade**
Enough for about 1 ½ - 2 pounds of meat

1/3- ½ cup soy sauce
1 tablespoon rice wine
½ Korean pear or Asian pear, grated with juices, or 1 kiwi
3 tablespoons finely chopped garlic
1 tablespoon grated fresh ginger
3- 4 tablespoons light brown sugar
2 tablespoons toasted sesame seeds
2 tablespoons sesame oil
1 tablespoon ground red pepper (optional)
1/4 teaspoon ground black pepper
2 green onions, thinly sliced
1 cup lemon-lime soda (optional)

1. Combine all the ingredients together and then marinate with meat for at least 30 minutes but no more than 12 hours.

**Caribbean Jerk Seasoning**
Makes a little over ½ cup

1 tablespoon onion powder  
1 tablespoon garlic powder  
2-3 teaspoon cayenne pepper  
1 tablespoon smoked paprika  
1 ½ teaspoon allspice ground  
1/2 teaspoon red pepper flakes  
1/2 teaspoon cumin ground  
1/4 teaspoon nutmeg ground  
1/2 teaspoon cinnamon ground  
1 tablespoon brown sugar  
¾ teaspoon cloves  
½ teaspoon rubbed sage  
1 teaspoon thyme dried  
1 teaspoon dry rosemary  
1 teaspoon ground ginger  
2 teaspoon salt  
1 teaspoon black pepper ground

Oil as needed  
1-2 scotch bonnet or habanero pepper, optional

1. Combine all the ingredients in a jar, store for up to 3 months. When ready to use, blend ¼ cup of dry seasoning with 1-2 scotch bonnets and oil, mix well and use as a marinate.