

# Shawarma Seasoning

*Shawarma, Levantine in origin, comes from Arabic šāwirma, from Turkish çevirme 'sliced meat roasted on a spit' from çevirmek 'turn, rotate'. Shawarma is as much a seasoning as it is dish.*



The pungent and colorful spices used in shawarma spice were already fixtures in Levantine culture by the time the dish was invented. It's geographical position straddling both Asia and Europe gave the area a key role in the early spice trade. Like other regions on the spice road, they made use of the spices that passed through. This is why we see Allspice, all the way from Jamaica in this blend. This blend is also great in spiced sweet treats like baked apples, cake or cookies.

The Levantine food culture has its roots in the Bedouins or the nomads that roamed the region historically. The cuisine is a fine balance of rich flavours and modest ingredients. This diet relied on dates, dried fruit, nuts, wheat, barley, rice, and meat. The meat comes from large animals such as cows, sheep, and lambs. Also included are dairy products: milk, cheese, yoghurt, and buttermilk.



You will notice this type of cuisine uses many different dried beans including white beans, lentils, and chickpeas. Vegetables that are commonly used are those that could be dried, such as pumpkins, but also vegetables that are more heat-resistant, such as aubergines (egg plant). Some of the best-known Levantine dishes include tabbouleh, hummus and baba ghanoush.

In this region people drink a lot of fresh verbena tea, Arabic tea, Maghrebi mint tea, or Arabic coffee. A daily break to freshen up with drinks is a much-loved tradition.

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## Ingredients

1. 2 teaspoons Oregano
2. 1 teaspoon Cinnamon
3. 1/2 teaspoon Allspice
4. 1/2 teaspoon Cayenne Pepper
5. 1 teaspoon Cumin
6. 1 teaspoon Coriander
7. 1-2 teaspoons Salt
8. 1 teaspoon Paprika
9. 1/2 teaspoon Black Pepper
10. 1 teaspoon Garlic Powder



- Add each spice one at a time to your bowl, taking time to taste each spice and share with the group.
- Blend the spices well and add to jar.
- To make a shawarma marinade: combine shawarma seasoning with a little lemon juice and oil.

