



Shichimi Togarashi (Japanese Seven Flavor Seasoning Blend) linsfood.com

Easy homemade recipe for Shichimi Togarashi, a Japanese spice mix or condiment that has 7 different ingredients in it, heavy on the chilli!

Servings: 1

PREP TIME

5 MIN

COOKING TIME

5 MIN

TOTAL TIME

7 MIN

Ingredients

- 1 teaspoon Japanese Sancho peppercorns or Sichuan peppercorns
- 2 teaspoon dried orange peel
- 2 tablespoons red chilli flakes
- 1 teaspoon black sesame seeds
- 1 teaspoon white sesame seeds
- 1 teaspoon Nori (roasted seaweed for sushi)
- ½ teaspoon ground ginger

Nutrition

Calories 78, Total Fat 4g, Saturated Fat 1g, Trans Fat 0g, Polyunsaturated Fat 1g, Monounsaturated Fat 1g, Cholesterol 6mg, Sodium 125mg, Total Carbohydrates 6g, Dietary Fiber 1g, Sugar 0g, Protein 3g, Vitamin A 196IU, Vitamin C 6mg, Calcium 79mg, Iron 1mg, Phosphorous 63mg, Potassium 134mg

Cooking instructions

1. Gather all ingredients and equipment.
CCP: Wash your hands with warm water and soap for at least 20 seconds
CCP: Follow community policies for major allergens and gluten regarding identification, labeling and measures to control cross contact.
2. Place the peppercorns and orange peel in a frying pan and dry roast for 1 – 2 minutes on medium-low heat until you get a lovely aroma. Don't let it burn. Cool for 5 minutes.
3. Everything needs to be chopped in a chopper or food processor, then mixed together and stored. Chop or process each ingredient and mix together. Label, date and store in a cool dry place.
4. Use as needed in parent recipes.

Serving instructions

Total recipe yields 4 tablespoons.

Allergens

sesame

Equipment

chopper or food processor, frying pan, bowl

Notes

Recipe adapted by RecipeTree.Pro for healthcare use/food service on 3.26.25. Nutrition Facts reflect the amount of the entire recipe.

Tags

may, bowl, frying pan, chopper or food processor, lins food.com, japanese, asian, sub recipe