

MENASHA PUBLIC LIBRARY:

SPICE OF THE MONTH CLUB



WHAT IS CARDAMOM?

CARDAMOM (SOMETIMES SPELLED CARDAMON) IS THE DRIED FRUITS, OF THE *ELETTARIA CARDAMOMUM* AND TECHNICALLY PART OF THE GINGER FAMILY. BECAUSE OF ITS RANKING AS ONE OF THE MOST EXPENSIVE SPICES IN THE WORLD, IT IS USUALLY CONSIDERED TO BE A "FESTIVE SPICE." INTRODUCED TO EUROPE IN THE MID-16TH CENTURY, CARDAMOM'S NAME IS A BLEND OF TWO GREEK WORDS: "SPICE" AND "CRESS."

IT'S FLAVOR IS CONSIDERED WARM, WITH A HINT OF LEMON, AND UNDERTONES OF EUCALYPTUS AND CAMPHOR. SOME RUSSIAN LIQUEURS ARE FLAVORED WITH CARDAMOM, AS WELL AS CERTAIN CUSTARDS. BOTH ARAB AND TURKISH COFFEES UTILIZE THE SPICE REGULARLY.

THE CARDAMOM POD CAN BE ADDED WHOLE TO SOME DISHES, BUT CAN ALSO BE BROKEN OPEN TO USE THE SEEDS INSIDE, OR GROUND. WHILE WHOLE CARDAMOM CAN EVENTUALLY LOSE ITS FLAVOR, IT HAS A MUCH LONGER SHELF LIFE THAN OTHER VERSIONS. PRESENTLY, MOST CARDAMOM IS BEING CULTIVATED IN INDIA, SRI LANKA, AND GUATEMALA.

APRIL

CARDAMOM



10 USES FOR CARDAMOM

- **WHILE WHOLE CARDAMOM CAN EVENTUALLY LOSE ITS FLAVOR, IT HAS A MUCH LONGER SHELF LIFE THAN OTHER VERSIONS. ALSO, IT IS MOST PUNGENT WHEN GROUND JUST BEFORE USE.**
- **CARDAMOM MAKES A GREAT SEASONING FOR PICKLES.**
- **CARDAMOM IS SOMETIMES USED AS A DIGESTIVE AID OR TO REDUCE NAUSEA AFTER A MEAL. ADD 2 PODS WORTH OF SEEDS TO 2 CUPS OF HOT WATER. ADD A TABLESPOON OF PEELED GINGER ROOT FOR EXTRA RELIEF.**
- **CARDAMOM CAN ALSO BE CHEWED (AS SEEDS) TO WARD OFF BAD BREATH. THIS IS DUE TO THE PRESENCE OF CINEOLE, A VERY EFFECTIVE ANTISEPTIC.**
- **GRINDING YOUR OWN CARDAMOM? THE MOST EFFICIENT METHOD IS TO USE A MORTAR AND PESTLE RATHER THAN AN ELECTRIC SPICE GRINDER BECAUSE A LITTLE GOES A LONG WAY, YOU ONLY NEED TO GRIND A FEW CARDAMOM SEEDS AT A TIME.**
- **CARDAMOM IS THE MOST COMMON INGREDIENT FOUND IN CHAI TEAS.**
- **CARDAMOM'S AROMATIC FLAVOR PAIRS WELL WITH CAULIFLOWER. TRY BREAKING CAULIFLOWER INTO FLORETS AND ROASTING WITH A TAD OF: CARDAMOM, HONEY, SALT, AND OLIVE OIL.**
- **A GREAT USE FOR GROUND CARDAMOM IS TO COMBINE WITH SUGAR AND SPRINKLE THE MIXTURE ON FRENCH TOAST OR ADD IT TO WAFFLE BATTER.**
- **CARDAMOM IS A GOOD SOURCE OF: MAGNESIUM, CALCIUM AND POTASSIUM.**
- **WHILE THERE ARE VERY FEW CLINICAL STUDIES INCLUDING CARDAMOM, IN TRADITIONAL INDIAN MEDICINE IT HAS BEEN USED TO TREAT COUGHS AND COLDS, AND ALSO AS AN APPETITE STIMULANT.**



Add Cardamom
to:
-Curries
-Poultry Stuffing
-Cheeses



Note: This information is meant to supplement, not replace advice from your healthcare provider and is not meant to cover all possible uses, precautions, interactions or adverse effects.

Sources Consulted: Encyclopedia Britannica; Consumer Health Complete; spiceography.com; Gale Health and Wellness; MasterClass

Cardamom and Espresso Chocolate Chip Cookies

Courtesy of: [allrecipes.com](https://www.allrecipes.com)

Nutrition

Calories: 137cal |
Carbohydrates: 20g
| Protein: 2g | Fat:
6g |

Yield:

48 Servings

Time:

Prep: 35
Minutes

Cook Time:
10 Minutes

Total Time:
45 Minutes

Ingredients:

- 2 ¼ cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon ground cardamom
- ½ teaspoon ground cinnamon
- ½ teaspoon salt
- 1 ½ cups brown sugar, firmly packed
- 1 cup unsalted butter, softened
- ½ cup white sugar
- 2 large eggs, at room temperature
- 2 tablespoons instant espresso powder
- 1 tablespoon vanilla extract
- 1 (12 ounce) bag semisweet chocolate chips

Directions:

1. Preheat the oven to 350 degrees F. Line 2 baking sheets with parchment paper.
2. Whisk flour, baking powder, baking soda, cardamom, cinnamon, and salt together in a bowl.
3. Cream brown sugar, butter, and white sugar together in a bowl until fluffy. Beat in eggs 1 at a time until thoroughly combined. Mix in instant espresso powder and vanilla extract.
4. Mix flour mixture into the butter mixture until just combined; do not overmix. Fold in chocolate chips.
5. Drop dough by the tablespoon onto the prepared baking sheets about 2 inches apart.
6. Bake in the preheated oven until edges of cookies are set, 10 to 15 minutes. Cool cookies on the pans 2 to 3 minutes before transferring to a wire rack to cool completely.

Yellow Rice with Cardamom and Cloves

Courtesy of: SavorySpin.com

Time:

Prep: 5 Minutes

Cook Time: 15 Minutes

Total Time: 20 Minutes

Directions:

1. Peel the garlic and chop it up finely and set aside.
2. Place rice in a bowl and cover the rice with water. Stir it a bit with your hands or a spoon. Drain out the cloudy water. Fill with fresh water and repeat this process until the water is not cloudy anymore.
3. Place the butter in a pan on a stove with the heat set to medium.
4. When the butter melts, add in the washed rice, the chopped garlic, the saffron strands, the turmeric, the cardamom pods, the whole cloves, and the water.
5. Turn the flame up and bring the mixture to a boil.
6. As soon as it begins to boil, lower the flame, cover the pan and let the rice simmer for 10-14 minutes.
7. Check the rice to see if it is tender. If it is not, then add in a few tablespoons of water or 1/4 cup and simmer until the rice is tender. Fluff it with a fork, season it with salt and enjoy warm.

Per Serving: 117 calories, 6g fat (4g saturated fat), 15mg cholesterol, 203mg sodium, 15g carbohydrate, 2g protein.

Ingredients

- 1 cup basmati rice
- 2 tbsp butter
- 2 garlic cloves
- 1/4 tsp turmeric
- 1/4 tsp roughly packed saffron
- Approximately 1 tbsp cardamom pods
- Approximately 2 tsp whole cloves
- 2 cups water
- Salt to taste



Yield:

4

Servings