

Spice Up Your Winter!

Maynard Library

Spice Club

CARDAMOM

Cardamom (*Elettaria cardamomum*) is the fruit of a large perennial bush that grows wild in the rain forests of the Western Ghats in southern India; a closely related variety grows in Sri Lanka. Both are now cultivated in their regions of origin and in Tanzania, Vietnam and Papua New Guinea; Guatemala has become the main exporter. Cardamom has been used in India for some 2000 years. It reached Europe along the caravan routes, and the Vikings took it from Constantinople to Scandinavia, where it is still very popular.

Cardamom fruits ripen from September to December and are harvested at intervals when about three-quarters ripe; otherwise, they split open. They are dried in the sun for 3-4 days, or more quickly in drying sheds. Dried pods are hard; the best are green to green-amber. Green pods from Kerala traditionally set the standards of quality and price, but Guatemalan cardamom is nearly as good.

Cardamom pods will keep for a year or more in an airtight jar, but will slowly fade in both color and aroma. Exposed to air, the seeds quickly lose their volatile oils; grinding speeds up the loss. It is best to grind your own when needed.

The aroma of cardamom is strong but mellow, fruity and penetrating. The taste is lemony and flowery, with a note of camphor or eucalyptus due to cineole in the essential oil; it is pungent and smoky, with a warm bittersweet note, yet it is also clean and fresh.

Cardamom enhances both sweet and savory flavors. In India, it is one of the essential components in many spice mixes. It goes into sweetmeats, pastries, puddings and ice creams (kulfi), and is used in a digestive and breath-freshening paan with fennel and anise seeds. In India, it is also much used to flavor tea, while in Arab countries coffee is flavored with cardamom, often by pouring it pods put in the spout of the pot—in Bedouin culture the cardamom used is first displayed to guests, bright and green and pristine, as a mark of respect.



Cardamom is an essential component on Lebanon, Syria and the Gulf States (baharat), and Ethiopia (berbere). Scandinavia is the biggest importer in Europe; there and in Germany and Russia, it is widely used for spiced cakes, pastries and breads.

Whole pods, lightly crushed, can be used to flavor rice, poached and braised dishes, and

casseroles. Cardamom is good in baked apples, poached pears and fruit salads. It combines well with orange and coffee in desserts and is useful in pickles.

Black cardamom is a different spice of the *Amomum* and *Aframomum* species. The pod is much larger and has a smoky flavor. It should not be used as a substitute for green cardamom.

--From *Herbs & spices: the cook's reference* by Jill Norman

## Indian Style Basmati Rice

<https://www.allrecipes.com/recipe/72349/indian-style-basmati-rice/>

Serves: 6 Total prep time: 45 mins

### INGREDIENTS

- 1 ½ cups basmati rice
- 2 tablespoons vegetable oil
- 1 (2 inch) piece cinnamon stick
- 2 pods green cardamom
- 2 whole cloves
- 1 tablespoon cumin seed
- 1 teaspoon salt, or to taste
- 2 ½ cups water
- 1 small onion, thinly sliced



### DIRECTIONS

1. Place rice into a bowl with enough water to cover. Set aside to soak for 20 minutes.
2. Heat the oil in a large pot or saucepan over medium heat. Add the cinnamon stick, cardamom pods, cloves, and cumin seed. Cook and stir for about a minute, then add the onion to the pot. Saute the onion until a rich golden brown, about 10 minutes. Drain the water from the rice, and stir into the pot. Cook and stir the rice for a few minutes, until lightly toasted. Add salt and water to the pot, and bring to a boil. Cover, and reduce heat to low. Simmer for about 15 minutes, or until all of the water has been absorbed. Let stand for 5 minutes, then fluff with a fork before serving. Don't bite into the whole spices!

## Mango Lassi

<https://www.yummly.com/recipe/Mango-Lassi-9038430>

Serves:3 Prep time: 5 minutes

### INGREDIENTS

- 1 1/2 cups frozen mango chunks
- 1 1/2 cups whole-fat plain yogurt
- 1/2 cup heavy whipping cream
- 1 teaspoon extra fine sugar
- 1/2 teaspoon ground cardamom
- fresh mint (optional, as a garnish)

Add all the ingredients to your blender and blend for 30-45 seconds, or until frothy. Serve with a sprig of mint. This recipe makes a smooth lassi. If you prefer more of a milkshake consistency, add ½ cup of ice when blending.



## Roasted Carrots with Cardamom (3 variations)

<https://www.eatingwell.com/recipe/249574/roasted-carrots-with-cardamom-butter/>

<https://www.thecuttingvegblog.com/roasted-cardamom-carrots/>

<https://www.food.com/recipe/tangerine-and-cardamom-glazed-roasted-winter-vegetables-340088>

Serves: 4 Prep time: 40 mins

### INGREDIENTS

- 4 teaspoons butter, melted
- 2 teaspoons canola oil
- 1 teaspoon ground cardamom
- ½ teaspoon salt
- 2 pounds carrots



### DIRECTIONS

1. Position rack in lower third of oven; preheat to 450F.
2. Peel carrots and cut diagonally into 1/4-inch-thick slices
3. Combine butter, oil, cardamom and salt in a medium bowl. Add carrots and toss well to coat. Spread evenly on a rimmed baking sheet. Roast the carrots, stirring twice, until tender and golden, about 30 minutes. Serve immediately.

*Variation 1:* Top with 2 tablespoons chopped mint or cilantro, 2-3 ounces crumbled feta, 1/4 cup chopped pistachios

*Variation 2:* Roast without cardamom and make this glaze

### GLAZE

- 7 -9 cardamom pods
- 4 teaspoons brown sugar

1/2 teaspoon tangerine zest

1/3 cup fresh tangerine juice (about one large tangerine)

While the carrots are roasting , gently crush cardamom pods in a mortar to break them open. Remove the pods, leaving the seeds, and continue to grind into a coarse powder (about 1/2 teaspoon.) Combine the cardamom with the other glaze ingredients and mix to dissolve the brown sugar. Pour the glaze over the carrots and toss. Roast for 5 more minutes.

## Brie en Croûte with Pistachios & Almonds

[mypersiankitchen.com/brie-en-croute-with-pistachios-almonds/](http://mypersiankitchen.com/brie-en-croute-with-pistachios-almonds/)

### INGREDIENTS

- 1 puff pastry sheet, thawed
- 1 Baby Brie (20 oz round)
- 1/3 cup slivered pistachios
- 1/4 cup sliced almonds
- 1/4 cup honey
- 1 tsp ground cardamom
- 1 egg



### DIRECTIONS

1. Prepare the egg wash by beating 1 egg with 1- 1 1/2 tbsp water. Set aside.
2. Toast the almonds and pistachios being careful that they don't burn.
3. Place honey in a microwave safe dish and heat for 30 seconds. Then add cardamom and mix well. Immediately add the nuts and mix well so that the nuts are coated with honey
4. Lightly flour a board and carefully open the puff pastry. Spread nuts in the middle in a circle about the same size as the brie. Place brie on top. Brush the perimeter with egg wash. Fold over and delicately press down to seal. Gently press the puff pastry against the brie releasing air. Fold over the sides and seal shut as best as you can. Cut off excess pastry from the side. Set aside the scraps. Continue folding and sealing until all the corners are rounded.
5. Place brie seam side down on a baking sheet. Brush with egg wash all over.
6. Cut out shapes from the leftover scraps and place on top. Brush the top of the shapes with egg wash. Bake at 400° for 25 minutes or until the puff pastry is nice and golden. Let rest for at least one hour before serving allowing the Brie en Croûte to reach room temperature.

## Ginger-Apple Pumpkin Soup

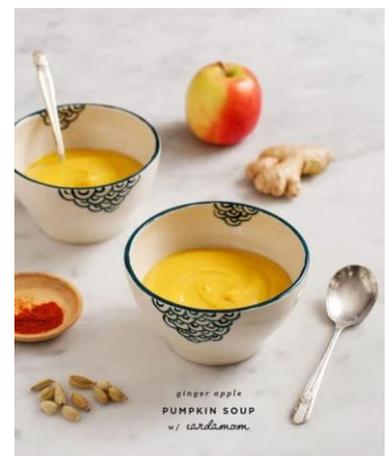
<https://www.loveandlemons.com/ginger-apple-pumpkin-soup/>

Jeanine Donofrio

Serves: 4-6 Prep time: 1 hour

### INGREDIENTS

- 1 medium sugar pumpkin or 1 butternut squash (2 cups roasted and mashed)
- 1 small apple
- 1 medium yellow onion
- drizzle of olive oil, salt, pepper, for roasting



- 3 cloves of garlic, peeled
- 1 can coconut milk
- 1 teaspoon fresh grated ginger
- ¼ - ½ teaspoon ground cardamom
- ¼ teaspoon cayenne (more, to taste)
- 1 teaspoon additional salt (more to taste)

**INSTRUCTIONS**

1. Preheat oven to 400 degrees F.
2. Cut pumpkin or butternut squash in half and scoop out the insides (save & toast the seeds if you want). Drizzle with olive oil, salt and pepper and roast cut side up for 20 minutes, flip and roast cut side down for 20-30 or until the flesh is soft. Remove from oven, let cool, then peel the skin away from the flesh.
3. While the squash roasts, slice the apple and onion into wedges and arrange on a baking sheet. Drizzle with olive oil, salt and pepper, and roast for 20 minutes or until the edges turn golden brown. During the last 10 minutes or so, add the whole garlic cloves to the baking sheet.
4. In a blender, add pumpkin mash, roasted onion, apple, garlic, coconut milk, ginger, cardamom, cayenne and salt. Puree until smooth. If it's too thick, add a bit of water or broth to thin and blend again. Taste and adjust seasonings.

**Kulfi**

<https://www.tasteofhome.com/recipes/kulfi/>

Servings: 6 Prep time: 30 minutes plus freezing



**INGREDIENTS**

- 1 can (14 ounces) sweetened condensed milk
- 1 cup whole milk
- 1 cup heavy whipping cream
- 1/4 cup nonfat dry milk powder
- 4-5 cardamom pods, crushed, or 1/2 teaspoon ground cardamom
- 1/4 teaspoon sea salt
- 1 pinch saffron threads or 1/4 teaspoon ground turmeric (optional)
- 1/4 cup chopped cashews, toasted
- 1/4 cup chopped shelled pistachios
- 1/4 teaspoon almond extract

**DIRECTIONS**

In a large heavy saucepan, whisk milks, cream, milk powder, cardamom, sea salt and, if desired, saffron until blended. Cook over low heat until mixture thickens slightly, about 15 minutes, stirring constantly. Do not allow to boil. Remove from heat. Strain through a fine-mesh strainer into a small bowl; cool. Stir in cashews, pistachios and extract. Transfer to six 4-oz. ramekins. Cover and freeze for 8 hours or overnight. If desired, serve with additional nuts.

## Cardamom Almond Pear Crisp for Two

[https://ohsheglows.com/2012/03/09/cardamom-almond-pear-crisp-for-two/#recipe\\_1166](https://ohsheglows.com/2012/03/09/cardamom-almond-pear-crisp-for-two/#recipe_1166)

Serves:2 Prep time: 35 minutes

### INGREDIENTS

For the fruit mixture

- 2 cups chopped pears, unpeeled (about 2)
- 1 tbsp brown sugar
- 1 tsp cornstarch
- 1/4 tsp ground cardamom (or cinnamon)
- 1 vanilla bean, scraped (or 1/2 tsp vanilla extract)

For the topping

- 1 tsp coconut oil, melted (or olive oil)
- 3 tbsp almonds
- 2 tbsp rolled oats
- 1 tbsp brown sugar
- 1 tsp pure maple syrup
- pinch of salt



### DIRECTIONS

1. Preheat oven to 400F and grease two (8-oz) ramekin dishes with oil.
2. In a medium-sized bowl, stir together the fruit mixture ingredients.
3. In a mini processor, process the almonds until finely chopped. Add in the oats and process just until chopped.
4. In a small bowl, melt the coconut oil in the microwave. Stir in the rest of the topping ingredients. Add 2 tablespoons of the topping mixture into fruit mixture and stir until combined. Divide the fruit mixture into ramekins. Sprinkle the rest of the topping on top of the fruit mixture.
5. Cover ramekins with lid (or cover with tin foil and poke a couple holes). Bake, covered, at 400F for 22-25 minutes. The topping will burn if you don't cover it. Allow to slightly cool for 10 minutes before serving with a scoop of ice cream.

## Flourless Chocolate Cardamom Cake

My Persian Kitchen

<http://www.mypersiankitchen.com/flourless-chocolate-cardamom-cake/>

Serves: 8 Prep time: 1 hour 40 mins



## INGREDIENTS

### Cake

- 1½ cups semi-sweet chocolate chips
- 15oz can of chickpeas or garbanzo beans
- 4 eggs, room temperature
- ¾ cup sugar
- ½ tsp baking powder
- 1 tsp vanilla
- 1 tsp ground cardamom

### Chocolate Ganache

- ½ cup semi-sweet chocolate chips
- ¼ cup heavy cream
- ¼ tsp cardamom
- 10 medium/small strawberries

## INSTRUCTIONS

1. Pre-heat oven to 350 degrees.
2. Melt chocolate in a double boiler.
3. Place chickpeas in a colander and rinse thoroughly under cold water. Drain completely. Remove loose skins from the beans. Place in a food processor and mix until the beans are completely mashed and have a smooth consistency.
4. Add eggs and mix for a few seconds. Add sugar, baking powder, vanilla, and cardamom. Mix for a few seconds more. Add melted chocolate and mix well so that all ingredients are well incorporated.
5. Line the bottom of a cake pan with parchment paper. Spray the walls with canola oil.
6. Gently pour in the batter in the pan. Bake for 40 minutes or until a tooth pick inserted inside the cake come out clean. Allow to sit in the pan for 10 minutes then carefully remove, and allow to cool on a rack to room temperature.
7. Cut strawberries in even slices.
8. Make chocolate ganache by warming cream in a double boiler, add chocolate and mix until completely melted. Add cardamom and mix well.
9. Carefully spread chocolate ganache on top of the cake. Then decorate with the strawberry slices.

Raspberries, blueberries or pistachios can be used instead of sliced strawberries.

## Swedish Braided Cardamom Bread

<https://www.acykitchen.com/swedish-cardamom-bread>

2 loaves Prep time: 3 1/2 hours

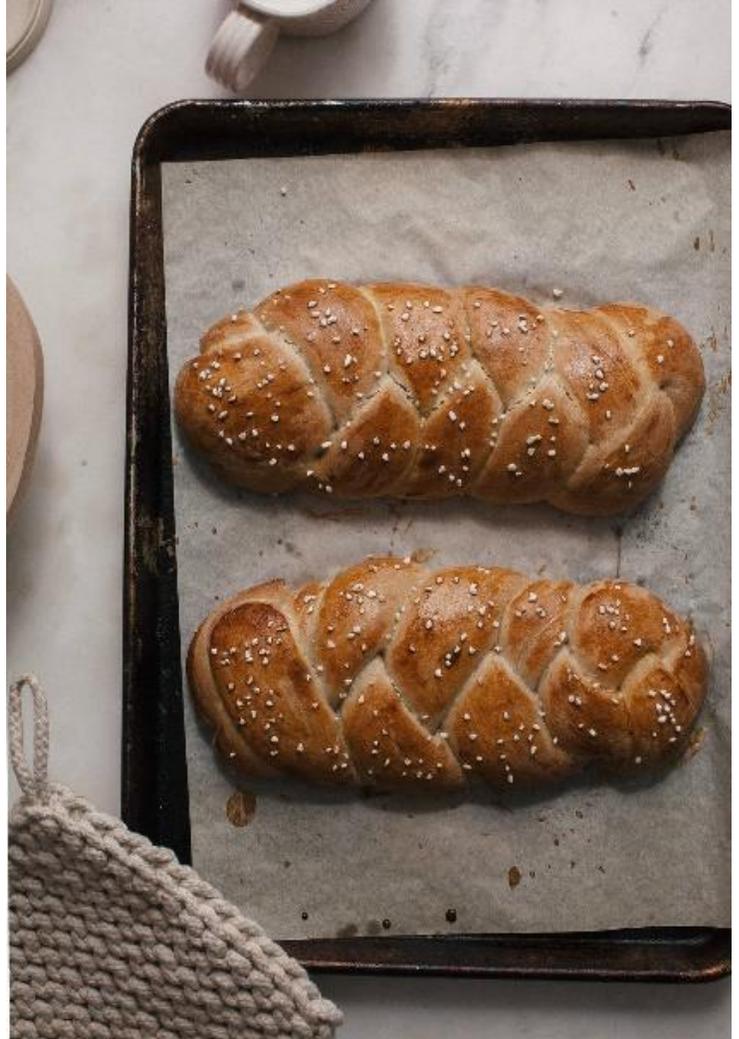
## INGREDIENTS

- 2 cups whole milk
- 2/3 cup granulated sugar
- 1/2 cup unsalted butter
- 2 packets active dry yeast or instant yeast
- 6 cups all-purpose flour divided
- 3/4 teaspoon kosher salt

- 2 teaspoons ground cardamom
- 2 large eggs
- 1 tablespoon whole milk
- 2 tablespoons Swedish pearl sugar (or turbinado sugar)

## INSTRUCTIONS

1. In a small saucepan, combine the milk and sugar; whisk until the sugar is dissolved. Add the butter, and heat over medium low, stirring gently, until the butter is melted. Remove from the heat.
2. Allow the milk mixture to cool to the temperature of a warm bath (not hot!), and stir in the yeast. Allow the mixture to sit for 5 minutes to make sure the yeast is active and alive. You should see bubbles on the surface, and the mixture should grow in volume.
3. In a large bowl with a wooden spoon or in the bowl of a stand mixer fitted with the dough hook attachment, add the milk mixture. Add 2 cups of the flour, and the salt, cardamom, and 1 egg. Mix until combined.
4. Add 3 more cups of the flour and stir until it is completely incorporated. Add the remaining 1 cup of flour a little at a time until the dough forms a ball and is no longer sticky to the touch. You might not use the entire cup of flour.
5. Transfer the dough to a large, lightly oiled bowl, cover it with plastic wrap, and let it rise in a warm spot until doubled in size, about 1 hour.
6. Punch down the dough, knead 1 to 2 minutes on a well-floured surface, and let rest for 10 minutes.
7. Divide the dough into six equal portions. Roll each portion into a skinny rope about 15 inches long. Line up three dough ropes side by side on the counter in front of you. Pinch one end of the rope together, then gently braid the three ropes into a loaf. When you reach the end, pinch the remaining dough together and tuck it under the loaf slightly. Repeat to make a second loaf.
8. Place each loaf on a parchment-lined baking sheet, and let it rise for 30 minutes.
9. Preheat the oven to 375 degrees F.
10. In a small bowl, whisk 1 egg and the milk together. Brush the top and sides of the loaves with the egg wash, then sprinkle with pearl sugar.
11. Bake the loaves until browned on top, about 20 minutes. Remove from the oven and allow them to cool before slicing.



## APPLE CHAI BAKED OATMEAL

<https://frommybowl.com/apple-chai-baked-oatmeal/>

Serve: 4 Prep time: 45 minutes

### INGREDIENTS

For the chai-infused milk:

- 2 cups (475 ml) non-dairy milk
- 1/4 cup (60 ml) grade A maple syrup
- 1/2 teaspoon vanilla extract
- 2 teaspoons ground cinnamon
- 1 teaspoon ground ginger
- 1 teaspoon ground cardamom
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground cloves
- 1/2 teaspoon allspice
- 1/8 teaspoon black pepper
- pinch of salt
- 2 black tea bags

For the baked oatmeal:

- 2 cups rolled oats
- 1/2 cup slivered almonds
- 2 tablespoons ground flax seed
- 1 teaspoon baking powder
- 1 large apple, grated (e.g. Honeycrisp)



### INSTRUCTIONS

1. Preheat the oven to 375F and set a 9" x 6" (or similar) baking pan aside.
2. Make the Chai: Add the non-dairy milk, maple syrup, and vanilla extract to a saucepan over medium-high heat. Add the cinnamon, ginger, cardamom, nutmeg, cloves, allspice, black pepper, and salt, then whisk well until the spices dissolve into the milk. Once the milk begins to simmer, add the black tea bags. Remove the mixture from the heat and let the tea steep for 5 minutes, then remove the tea bags and discard.
3. Prep the Oatmeal: In the meantime, add the oats, almonds, ground flax, and baking powder to the baking dish and mix well, until everything is evenly distributed. Add the chai-infused milk (without tea bags) to the oat mixture and stir well; you may need to use a spatula to scrape some of the spices out of the pot. Add the grated apple to the baking dish and mix into the oats. Spread the top evenly with a spatula, then place in the middle rack of the oven to bake.
4. Bake & Serve: Bake for 25 to 27 minutes, until the oats are golden and fragrant. Remove the dish from the oven and serve warm, or allow the oats to cool and thicken slightly before serving.

## RAS EL HANOUT SPICE MIX

Ras el hanout is a spice blend associated with Moroccan and North African cuisines. Literally translated as “head of shop,” the Arabic phrase ras el hanout really means “top shelf.” There are many regional variations of the blend. Debra’s Natural Gourmet ras el hanout lists ingredients in this order: coriander, turmeric, cardamom, sea salt, black pepper, cloves, cinnamon and nutmeg (all organic).

Here is a mix you can make at home.

2 t ginger, 2 t cardamom, 2 t mace, 1 t cinnamon, 1 t allspice, 1 t coriander, 1 t nutmeg, 1 t turmeric, 1/2 t black pepper, 1/2 t white pepper, 1/2 t cayenne pepper, 1/2 t ground anise seed

## RAS EL HANOUT GRILLED CHICKEN THIGHS

<https://www.panningtheglobe.com/ras-el-hanout-grilled-chicken-thighs/>

Serves: 4 Prep time: 1 hour 12 mins plus marinating time



### INGREDIENTS

2 pounds of boneless skinless chicken thighs  
4 teaspoons ras el hanout spice mix  
1 cup plain whole fat Greek yogurt  
Zest of 1 lemon (Best to zest the lemon before juicing it)  
2 tablespoons lemon juice  
2 tablespoons extra virgin olive oil  
1 teaspoon kosher salt or fine sea salt  
½ teaspoon crushed red pepper flakes (to taste)  
5-6 garlic cloves, smashed  
Lemon wedges  
Mint or parsley leaves, chopped

### INSTRUCTIONS

1. Mix all the marinade ingredients together (through garlic) and pour them into a bowl or container large enough to hold all the chicken. Add chicken and toss to coat. Allow chicken to marinate for at least an hour and up to 6 hours, covered, in the fridge.
2. Heat the grill to medium-high. Grill the chicken for 5-6 minutes per side or until it's cooked through.
3. For oven roasted, I suggest you preheat the oven to 425F. Cook the seasoned thighs in a roasting pan with slow sides or on a rimmed baking sheet, for 20 minutes or so
4. Garnish with lemon wedges and chopped parsley or mint
5. Serve with rice or couscous.

## MORE RECIPES

### Pear and Cardamom Caramel Upside-down cake

Chetna Makan, of Great British Baking Show

<https://chetnamakan.co.uk/pear-cardamom-caramel-upside-cake/>

This is a video only. The recipe can be found in Chetna's cookbook *The Cardamom Trail: delicious bakes inspired by India*, available in the [Minuteman Network](#).

### **Masala Chai**

<https://www.bonappetit.com/recipe/bas-best-masala-chai>

### **Cardamom Coffee**

<https://food52.com/blog/16041-for-middle-eastern-style-coffee-add-cardamom>

### **Cranberry Sauce with Pears and Cardamom**

<https://www.epicurious.com/recipes/food/views/cranberry-sauce-with-pears-and-cardamom-15654>

## **SHARING RESULTS**

Post a picture of your dish (huge success or epic fail!) on the library's social media (Facebook, Twitter and Instagram) [@maynardpubliclibrary](#) using [#maynardspiceclub](#).

We'll have a Zoom discussion on Thursday, February 24 @ 7 pm. Register to receive the Zoom link and see other food resources at <https://www.maynardpubliclibrary.org/spice>.