

Fluvanna County Public Library

Spice of the Month Club

Cardamom

Flavor Profile: Eucalyptus, Citrusy, Floral

After saffron and vanilla, cardamom is one of the most expensive spices, though not prohibitively so. Cardamom comes from an evergreen tree that originally grew only in the forests of South India, where it has been used for 2,000 years, though Guatemala is now the main producer.

This highly aromatic spice is sweet, somewhat minty, and penetrating, making it suitable for both sweet and savory dishes and more versatile than black cardamom, which lacks sweetness and has a smoky aroma that may not work in desserts.



Use: Cardamom pods can be added to rice or meat dishes in the same way you would use bay leaf (more flavor is extracted if you crush the pods first), or the seeds can be added whole or ground to desserts or beverages like Turkish coffee or Indian chai. Add cardamom to apples and cabbage; mix it into a rice pilaf with raisins, rosewater and saffron; or add it to roast duck, specialty ice creams, custards, and even pickles.

In the Middle East it's added to coffee as a sign of respect to guests. The three types of cardamom are the bleached white variety, the smokier black cardamom, and the golden-green pods, each containing about 20 highly aromatic seeds. The stickier the seeds, the fresher they are.

Almost ripe seed pods are harvested by hand five or six times a year. The seeds are washed and then dried in the sun or in heated "curing" rooms.

Regional Star – In Scandinavia, cardamom is used more than cinnamon to spice breads, cakes, and pastries. In India, cardamom is mixed with curry leaves, garlic, ginger, and turmeric in masalas, dals, and pilafs. Green cardamom, which has a more intense and smoky flavor, is only used for savory dishes. Cardamom is also one of the essential ingredients in berbere, an Ethiopian spice blend.

Food Partners

Complements – almonds, baked pears, black beans, butter, caramel, chocolate, coconut, coffee, custards, dates, fruit, pastries, pistachios, rice, sweet potatoes, tea.

Pairs well with – chai, cinnamon, cloves, coffee, flourless chocolate cake, honey, lemon, mint and orange.

Healing Power - Related to the ginger family, cardamom offers ginger's digestive assistance and can help combat heartburn and constipation. As an antispasmodic, it can even get rid of hiccups. Chewing of cardamom freshens the breath and helps prevent oral infections.

Orange and Cardamom Muffins

Wet Ingredients

- $\frac{3}{4}$ cup granulated sugar
- 2 eggs
- $\frac{1}{2}$ cup vegetable oil
- $\frac{1}{2}$ cup milk
- $\frac{1}{4}$ cup orange juice
- Zest of 1 large orange, grated
- 1 tsp. ground cardamom

Dry Ingredients

- 2 cups all purpose flour
- 2 tsp. baking powder
- $\frac{1}{2}$ tsp baking soda
- $\frac{1}{2}$ tsp. salt

Topping

- 3 tablespoon sparkling sugar (or regular sugar)

Instructions

1. Preheat oven to 350 degrees F and butter a muffin tin, or line with muffin tin liners.
2. Whisk together all the wet ingredients well.
3. In a separate bowl, whisk together the dry ingredients, then add to the wet ingredients and fold everything together until there are no dry bits of flour left.
4. Pour the batter into the prepared muffin tins (about $\frac{2}{3}$ full), and top with a sprinkling of the sugar.
5. Bake for 20-22 minutes until risen and starting to turn golden brown around the edges. A toothpick inserted into the center of a muffin should come out without wet batter clinging to it.

<https://theviewfromgreatisland.com/orange-and-cardamom-muffin-recipe/>

Easy Spiced Coffee or Tea

Traditional used in Turkish coffee preparation, cardamom adds a rich, floral flavor. Stir ground cardamom directly into your prepped cup, or else crush the pods and add to coffee maker or pot of water you're using to make tea. Other great spices to use are nutmeg and cloves.



Cardamom Oatmeal Cookies with Dark Chocolate and Golden Raisins

This oatmeal cookie is spiked with a hint of cardamom, chunks of dark chocolate, and golden raisins. You can use jaggery (unrefined sugarcane) in place of brown sugar for a richer molasses flavor. You can bake some of the cookies right away and then store the rest of the dough in the freezer for last-minute baking if you want.

Ingredients

- ½ cup walnuts
- 2 ½ cups old-fashioned rolled oats
- ¾ cup golden raisins
- 1 ½ cups (7.5 ounces) dark, bittersweet, or semisweet chocolate chips or chunks
- 1 ¼ cups all-purpose flour
- 1 tsp. baking soda
- ½ tsp. salt
- 1 tsp. cardamom powder
- ½ tsp. cinnamon
- 1 cup (2 sticks) unsalted butter, at room temperature
- ¾ cup granulated sugar
- ¾ cup brown sugar or granulated jaggery
- 2 eggs
- 1 tsp. vanilla extract

Instructions

1. Put a small cast-iron frying pan or heavy pan over medium heat. When the pan is warm, add the walnuts and stir until they are golden brown and toasted, 1 or 2 minutes. Set aside on a plate to cool. When cooled, coarsely chop the nuts.
2. In a medium bowl, mix together the oats, golden raisins, chocolate chips, and chopped walnuts.
3. In a separate bowl, whisk together the flour, baking soda, salt, cardamom, and cinnamon.
4. Cream the butter, sugar and brown sugar (or jaggery) in a mixing bowl. Beat in the eggs and vanilla until combined.
5. Gradually add the flour mixture to the creamed butter and sugar to combine. Fold in the oats mixture. Make sure to not overmix.
6. Chill the dough in the refrigerator for 20 minutes. Meanwhile, preheat the oven to 350 degrees and line a rimmed baking sheet with parchment paper.
7. Scoop up about 2 ½ tablespoons of dough and gently roll into a ball. Place on the baking sheet. Repeat to fill the baking sheet, spacing the dough balls 2 inches apart. Wrap any remaining dough in clear plastic wrap in the shape of a log and store in the freezer to bake another time (if desired or bake all dough now).
8. Bake until golden brown on top and a smidge darker at the edges, 12-14 minutes, rotating the pan 180 degrees halfway through baking. Take the pan out of the oven. The cookies will be delicate, and some may look uncooked in places, but they will harden up as they cool. Cool the cookies on the pan for 5



minutes and then transfer them to a rack to cool further. If baking additional batches, make sure your baking sheet is completely cool before putting more cookie dough on it.

9. You can store the cookies in an airtight container for up to 3 days.

<https://www.wpr.org/recipe-cardamom-oatmeal-cookies-dark-chocolate-and-golden-raisins>

Firni

(Afghan Pudding with almonds and cardamom)

Ingredients

- 2 cups milk (oat or almond milk works great)
- 1/3 cup cornstarch
- ¾ cup brown sugar
- ½ tsp. cardamom
- ½ tsp. cinnamon
- ½ cup almonds (minced)

Instructions

1. In a little cup, mix cornstarch with some of the milk until cornstarch is dissolved.
2. In a saucepan, heat up the milk.
3. Add cardamom, cinnamon, brown sugar and stir.
4. When milk starts to cook, add cornstarch mixture and bring the pudding to boil for some seconds, then lower the heat. Keep stirring until the pudding starts to thicken.
5. Now add the almonds and stir.
6. Fill pudding in 4 glasses or bowls and let it cool.



<https://bloomingwithflavors.com/firni-afghan-pudding-with-almonds-and-cardamom/>

Vanilla Cardamom Candied Pecans

Ingredients

- 1 lb. raw pecans
- ½ cup granulated sugar
- 1/3 cup light brown sugar
- 1 tsp. ground cinnamon
- ½ tsp. ground cardamom
- ½ tsp. salt
- 1 egg white
- 1 tablespoon vanilla extract



Instructions

1. Preheat the oven to 250 degrees and line a baking sheet with parchment paper, set aside.
2. In a large bowl, combine the pecans, sugars, cinnamon, cardamom, and salt. Mix everything together.
3. In a small bowl, whisk the egg white until frothy and add in the vanilla extract.
4. Pour the egg white mixture over the pecans and stir everything together well. Make sure the pecans are evenly coated.
5. Pour the pecans onto your lined baking sheet, spread evenly.
6. Bake for 1 hour, stirring every 15-20 minutes.
7. Let the pecans for cool on the baking sheet and enjoy!
8. Store in a tight container or storage bag at room temperature.

<https://www.jaylynnlittle.com/vanilla-cardamom-candied-pecans/>

Cardamom Chicken with Rice Pilaf

Ingredients

- 4 chicken legs (about 3 pounds)
- 2 ½ tablespoons cooking oil
- Ground cardamom (1/2tsp + 1 tsp + 1/8 tsp)
- Salt (1/2tsp + 1 tsp + 1/8 tsp)
- 1/8 tsp. black pepper
- 1 tablespoon butter, cut into 4 pieces
- 1 small onion, minced
- 1 ½ cups basmati or other long-grained rice
- ¼ cup raisins
- 2 ¼ cups low-sodium chicken broth or homemade stock
- ¼ cup apple juice



Instructions

1. Heat the oven to 450 degrees. Coat the chicken with 1 tablespoon of the oil and season with ½ tsp. cardamom, ½ tsp. salt, and the pepper. Put the chicken in a roasting pan and top each leg with a piece of the butter. Roast the chicken until just done, about 30 minutes.
2. Meanwhile, in a large saucepan, heat the remaining 1 ½ tablespoons oil over moderately low heat. Add the onion and cook, stirring occasionally, until translucent, about 5 minutes. Add the rice and 1 teaspoon cardamom and stir to coat the rice with the oil. Add the raisins, broth, and 1 teaspoon salt. Bring to a boil, reduce the heat to low and simmer, covered, for 20 minutes. Remove the pan from the heat and let sit, without removing the lid, for 5 minutes. Stir with a fork.
3. Remove the chicken from the pan. Pour off all the fat from the pan. Set the pan over the heat; add the apple juice and 1/8 teaspoon each cardamom and salt. Cook, scraping the bottom of the

pan to dislodge any brown bits, until reduced to 2 tablespoons, about 3 minutes. Serve the chicken topped with a drizzle of the sauce and with the rice pilaf alongside.

<https://www.foodandwine.com/recipes/cardamom-chicken-rice-pilaf>

Vanilla Cardamom Oatmeal (Servings: 2)

Ingredients

- 1 cup unsweetened vanilla almond milk (or milk you normally use)
- 1 cup water
- ½ cup rolled oats
- ½ tsp. ground cinnamon
- ½ tsp. ground cardamom
- 1 tablespoon pure maple syrup or to taste
- Pinch of salt
- ½ tsp. vanilla extract
- Fruit, nuts, and extra milk for topping

Instructions

1. Add water and milk to a small pot over medium-high heat; bring to a boil.
2. Once boiling, stir in oats, cinnamon, cardamom, maple syrup and salt. Reduce heat to medium-low and simmer for 3 minutes. Stir in vanilla extract.
3. Turn off heat, cover and let sit for 5 minutes.
4. Divide oatmeal evenly into two bowls. Add desired toppings of choice and dig in.

<https://www.thehealthytoast.com/vanilla-cardamom-oatmeal>



Nutty Cardamom Granola

Ingredients

- 2 cups rolled oats
- 2 cups nuts almonds, pecans, walnuts
- 1 cup raisins, optional
- 4 tsp. ground cardamom (replace with cinnamon if you prefer)
- ¼ cup coconut oil
- ¼ cup honey or more per preference

Instructions

- Preheat oven to 325 degrees F.
- In a bowl, combine all dry ingredients except for the raisins and mix well.
- Melt the coconut oil in the microwave and add to the bowl, along with honey and cardamom. Mix them taste and adjust for sweetness.
- Line a baking sheet with parchment paper (may need to use 2 sheets) and lay the granola in one flat layer.
- Bake in the oven until toasted and golden, for roughly 20 minutes. Stir halfway through cooking time and add the raisins to toast them (baking them too long will burn them).



- Allow the granola to cool at room temperature for at least 30 minutes without disturbing, then transfer to an airtight container. It can be stored for up to 3 weeks on the shelf. If you want to store it for longer, you can freeze it.

<https://www.hungrypaprikas.com/easy-nutty-cardamom-granola-recipe/>

Spiced Applesauce

Ingredients

- 6 pounds tart apples (about 18 medium), peeled and quartered
- 1 cup apple cider or juice
- $\frac{3}{4}$ cup sugar
- 2 tablespoons lemon juice
- 1 cinnamon stick (3 inches) – you can substitute $\frac{1}{2}$ tsp. ground cinnamon for 1 stick
- 1 tsp. ground ginger
- 1 tsp. vanilla extract
- $\frac{1}{2}$ tsp. ground nutmeg
- $\frac{1}{2}$ tsp. ground mace (you can substitute more nutmeg if you don't have mace)
- $\frac{1}{4}$ to $\frac{1}{2}$ tsp. ground cardamom



Instructions

Place all ingredients in a Dutch oven. Cover and cook over medium-low heat for 30-40 minutes or until apples are tender, stirring occasionally. Remove from the heat; discard the cinnamon stick (if you used). Mash the apples to desired consistency. Serve warm or cold. Store in the refrigerator.

<https://www.tasteofhome.com/recipes/spiced-applesauce>

Air Fryer Orange-Cardamom Pumpkin Seeds

Ingredients

- 1 cup pumpkin seeds
- 1 tablespoon butter
- 1 tablespoon brown sugar
- 1 tsp. orange zest
- $\frac{1}{2}$ tsp. ground cardamom
- $\frac{1}{8}$ tsp. salt

Instructions

1. Remove any excess pulp from pumpkin seeds and rinse under cool water. Dry seeds thoroughly by placing in a single layer on a kitchen towel and pat dry or allow to air dry for 30 minutes.
2. Preheat air fryer to 300 degrees F. Place seeds in a single layer in the basket of the air fryer, working in batches as needed and cook for 5 minutes to remove any residual moisture.
3. Whisk melted butter, brown sugar, orange zest, cardamom and salt together in a bowl. Place pumpkin seeds in the bowl and toss to coat.



- Return pumpkin seeds to the air fryer basket and cook until browned, about 30 minutes, shaking basket every 10 minutes.
- NOTE: Seeds may stick together upon cooling. Break apart before eating. The shells are not only edible, they are packed with fiber. A 3.5 to 4 pound pie pumpkin will yield about 1 cup of seeds.

<https://mealthy.com/recipes/2005/air-fryer-orange-cardamom-pumpkin-seeds>

Charred Cardamom-Spiced Chicken Wings

Ingredients

- 4 pounds chicken wings
- 2 tablespoons vegetable oil
- 2 tsp. salt
- ½ tsp. garlic powder
- ½ tsp. onion powder
- ½ tsp. ground black pepper
- ¼ tsp. ground cardamom
- BBQ Sauce of choice



Instructions

- Preheat oven to 425 degrees. Line a large rimmed baking sheet with foil.
- In a large bowl, toss together chicken wings, oil, salt, garlic powder, onion powder, pepper, and cardamom until fully coated.
- Heat a large cast-iron skillet over high heat. Working in batches, place wings, skin side down, in skillet; cook until charred, about 3 minutes. Place chicken, skin side up, in an even layer on prepared pan.
- Bake until golden brown and crispy, about 55 minutes. Let cool for 5 minutes. Serve with BBQ sauce.

<https://www.tasteofthesouthmagazine.com/charred-cardamom-spiced-chicken-wings/>

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Spice Resources at Fluvanna Library - Books

Essential Spices and Herbs: Discover Them, Understand Them, Enjoy Them by Christina Nichol – 641.6383 NIC

Healing Spices Handbook: Recipes for Natural Living by Barbara Brownell Grogan – 615.3 BRO

Herbs & Spices: The Cook's Reference by Jill Norman – 641.6383 NOR

Mastering Spice: Recipes and Techniques to Transform Your Everyday Cooking by Lior Lev Sercarz – 641.6383 SER

Spiced: Unlock the Power of Spices to Transform Your Cooking – America's Test Kitchen – 641.6383 AME

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