

Spice: Cardamom



[Cardamom Pods Growing](#)

Description

Cardamom is a spice made from the seeds of several plants in the genera *Elettaria* and *Amomum*. The former have pods that are small and green, while the latter have pods that are dark-brown. Growing on a tall evergreen plant, cardamom's small seed pods have a papery outer shell that contain small, round black seeds.

Origin

Cardamom is believed to have originated in the hot, tropical Western Ghats of India. It grows wild throughout the tropical regions of East and Southeast Asia, and was introduced to Northern Europe by Viking traders around 1000 AD. During the early 20th century, German coffee planter Oscar Majus Kloeffer introduced Indian cardamom to Guatemala, which became the leading global producer by the early 21st century.

Varieties

Green cardamom is from the species *Elettaria cardamomum* of India and Southeast Asia. Black cardamom comes from two species native to Asia and Australia: *Amomum costatum* and *Amomum subulatum*. The officially recognized varieties grown in India include the Malabar, Mysore, and Vazhukka varieties.

Flavor Profile

Cardamom has an intense, distinctive flavor. The complex bouquet includes floral, minty, and lemony notes. Black cardamom has a smoky aroma.

Nutrient Profile

Cardamom is an excellent source of vitamin C, potassium, calcium, copper, iron, magnesium, manganese, phosphorus and zinc. It also is a good source of pyridoxine, riboflavin, and thiamin, and contains a moderate amount of niacin and a small amount of sodium.

Preparations

Cardamom goes well with both savory and sweet foods. It is one of the most commonly used spices in Indian cuisine, whether in curries, lentils, or rice dishes such as *biryani*. Cardamom is widely used in northern European and Scandinavian baking and desserts, and it pairs well with coffee and hot chocolate. The seeds also are chewed as a digestive aid and teeth cleaner.

Source: Carly K. Ottenbreit for World Trade Press

Blood Orange Avocado Salad

TOTAL TIME: Prep: 30 min. + chilling **YIELD:** 10 servings

My refreshing side salad is such a nice addition to our calorie-loaded Thanksgiving dinner. Use regular oranges if you can't find blood oranges. Finely chopped walnuts work well in place of the pomegranate seeds, too. —Nancy Heishman, Las Vegas, Nevada--Tasteofhome.com

Ingredients

- 1/3 cup orange juice
- 1/3 cup extra virgin olive oil
- 3 tablespoons lime juice
- 2 tablespoons honey
- 1 tablespoon minced Italian parsley
- 1/4 teaspoon ground cardamom
- 1/4 teaspoon kosher salt
- 1/4 teaspoon coarsely ground pepper
- 4 medium ripe avocados, peeled and sliced
- 4 large red grapefruit, sectioned
- 2 medium blood oranges, peeled and sliced
- 1/2 cup finely chopped red onion
- 1/3 cup pomegranate seeds
- 1/3 cup crumbled feta cheese

Directions

- **1.** For dressing, whisk together first 8 ingredients.
- **2.** In a serving dish, combine avocados, grapefruit and oranges; sprinkle with onion and pomegranate seeds. Drizzle with dressing. Top with cheese. Refrigerate, covered, 1 hour before serving.

Mango-Cardamom Lassi

Source: Martha Stewart Test Kitchen

Ingredients

- 1 cup ice
- 1 1/2 cups mango, chopped (frozen is ok once thawed)
- 1/4 cup milk
- 1 cup plain yogurt
- 4 teaspoons sugar, to taste
- Pinch of ground cardamom

Directions

1. Put ice, mango, milk, yogurt, sugar, and cardamom into a blender and blend for 2 minutes, then pour into individual glasses and serve.

Sweet Potato Soup

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Source: Alissa Saenz – Insanelygoodrecipes.com

Ingredients

- 1 tablespoon olive oil (or high-heat oil of choice)
- 1 medium onion, diced
- 3 garlic cloves, minced
- 1 tablespoon freshly grated ginger
- 1 ½ teaspoons ground cinnamon
- 1 teaspoon ground cumin
- ¼ teaspoon ground cardamom
- Pinch cayenne pepper (or to taste)
- 2 pounds sweet potatoes (about 2 to 3 large sweet potatoes), peeled and cut into 1-inch pieces
- 3 cups vegetable broth
- 1 cup orange juice
- 1 cup full-fat coconut milk
- Salt and pepper, to taste
- Toppings of choice, such as coconut milk, chopped peanuts, and cilantro or parsley

Instructions

1. Coat the bottom of a large pot with the oil and place it over medium heat.
2. Give the oil a minute to heat up, then add the onion. Sweat the onion for about 5 minutes, stirring occasionally, until it becomes soft and translucent.
3. Stir in the garlic, ginger, cinnamon, cumin, and cayenne pepper. Continue cooking and stirring everything for about 1 minute, until very fragrant.
4. Stir in the sweet potato, broth, and orange juice. Raise the heat and bring the liquid to a boil.
5. Lower the heat and allow the soup to simmer for about 20 minutes, stirring occasionally, until the sweet potatoes are very soft.
6. Remove the pot from heat.
7. Blend the soup until smooth, either using an immersion blender or by transferring it in batches to a food processor or blender.
8. Return the soup to the pot if you used a food processor or blender, then stir in the coconut milk.
9. Place the pot back over medium heat and cook the soup for a few minutes, stirring occasionally, just to heat it back up.
10. Remove the pot from heat and season the soup with salt and pepper to taste.

11. Ladle the soup into bowls and top with toppings of choice. Serve.

Pecan Cardamom Bar Cookies

I have been making these delicious cookies for my family for 15 years, they love the pecan and cardamom flavor. Recipe by Lea M – Allrecipes.com

Prep Time:

20 mins

Cook Time:

1 hr

Total Time:

1 hr 20 mins

Ingredients

- 1 cup butter, softened
- ½ cup white sugar
- ½ cup packed brown sugar
- 1 egg, separated
- 1 tablespoon vanilla extract
- 2 cups all-purpose flour
- 1 tablespoon cardamom
- ¾ teaspoon salt
- ⅓ cup chopped pecans
- 1 ½ tablespoons Butter
- 1 cup confectioners' sugar
- ½ teaspoon vanilla extract
- 1 tablespoon milk, or as needed

Directions

1. Preheat the oven to 275 degrees F (135 degrees C). Grease a 10x15 inch jellyroll pan.
2. In a large bowl, cream together 1 cup of butter, white sugar and brown sugar until light and fluffy. Mix in the egg yolk and 1 tablespoon of vanilla. Combine the flour, cardamom and salt; stir into the batter until it forms a soft dough. Spread evenly in the prepared pan. Brush the top with egg white and sprinkle pecans over the top.
3. Bake for 1 hour in the preheated oven. Prepare the frosting while the cookies bake.
4. Melt the remaining butter in a saucepan over low heat until it starts to brown. Remove from the heat and stir in confectioners' sugar until smooth. Stir in enough milk to achieve a drizzling consistency. Drizzle frosting onto the bars when warm. Cool, then cut into bars.

Cardamom Chicken with Rice Pilaf

Source: foodandwine.com

Ingredients

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

Directions

1. Heat the oven to 450°. Coat the chicken with 1 tablespoon of the oil and season with 1/2 teaspoon cardamom, 1/2 teaspoon 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 1/2 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.