Add a Little Spice to Your Life!

Grab & Go Spice Kits for Adults: Cardamom

Do you love to cook? Do you like to try new flavors and recipes? Or maybe you are in a cooking rut and don’t know how to start expanding your cooking repertoire. Let us help you get spicy in the kitchen. Your kit includes a few recipes plus a pre-measured packet of ground cardamom.

What is cardamom? Cardamom, also known as the “queen of spices”, is made from the seed pods of the cardamom plant (Elettaria cardamomum), a herbaceous perennial plant of the ginger family (Zingiberaceae). The spice can be found as a whole pod, shelled whole seeds, or ground powder. Cardamom has been used in traditional medicines to alleviate digestive disorders, obesity, bronchitis, depression, influenza, and infection. Recent studies have found that the high levels of antioxidants in cardamom may help lower blood pressure and disrupt bacteria that can lead to gum disease.

What are the different types of cardamom? There are two main types of cardamom: green cardamom and black cardamom. White cardamom is simply the bleached version of green cardamom. Green cardamom is the most common variety sold in the spice aisle of the supermarket. It can be used whole or ground. Black cardamom goes through a drying process that imbues it with a very pronounced smoky flavor. Recipes using black cardamom often call for using the whole pod, with the seeds intact. The pods are then discarded after cooking is done.

Easy ways to add cardamom to your diet. Cardamom has a strong, sweet, pungent flavor and aroma, with hints of lemon and mint. Black cardamom has a smoky note and a cooling menthol one as well. Cardamom adds warmth and depth to baked goods such as cookies, bread pudding, and Julkake (a Norwegian Christmas bread). For a savory application, cardamom can be added to soups, curries or a dry rub for meats. Indian spice blends such as garam masala also feature cardamom.

Recipes featuring Cardamom:
- Easy Garam Masala Recipe
- Cardamom Maple Salmon
- Indian Rice Pudding
- Masala Chai
- Sheet Pan Chicken Shawarma
- Roasted Broccoli with Almonds and Cardamom
- Casablanca Cake
- Granola Topping

Need more inspiration? You can watch a six-part Great Courses class called The Everyday Gourmet: Essential Secrets of Spices in Cooking for free with your library card by using a Hoopla Great Courses BingePass or streaming on Kanopy.
Easy Garam Masala Recipe
Yield: ¼ cup

INGREDIENTS

- 1 tablespoon ground cumin
- 1 ½ teaspoons ground coriander
- 1 ½ teaspoons ground cardamom
- 1 ½ teaspoons ground black pepper
- 1 teaspoon ground cinnamon
- ½ teaspoon ground cloves
- ½ teaspoon ground nutmeg

PREPARATION

1. Mix cumin, coriander, cardamom, pepper, cinnamon, cloves, and nutmeg in a bowl.
2. Place mix in an airtight container, and store in a cool, dry place.
Sheet Pan Chicken Shawarma
By Emily Weinberger
Yield: 4 servings

INGREDIENTS

- 2 tablespoons olive oil
- 1 teaspoon ground cumin
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground allspice
- 1/4 teaspoon ground cardamom
- 1/4 teaspoon ground turmeric
- 2 cloves garlic, grated
- Kosher salt and freshly ground black pepper
- 1 pound boneless, skinless chicken thighs, sliced into 1-inch-thick pieces
- 1 medium onion (about 6 ounces), halved and sliced into 1-inch-thick half-moons
- 1/2 cup full-fat Greek yogurt
- Juice of 1/2 lemon
- 4 pieces pita bread
- 3 dill pickle spears, chopped
- 1 Roma tomato (about 6 ounces), chopped
- 1 cup shredded lettuce

PREPARATION

1. Preheat the oven to 450 degrees F.
2. Combine the olive oil, cumin, cinnamon, allspice, cardamom, turmeric, garlic, 2 teaspoons salt and a generous amount of pepper in a large bowl. Add the chicken and onions and toss to coat evenly. Spread in a single layer on a sheet pan, making sure the pieces are not overlapping. Bake until the chicken is cooked through and the onions are slightly caramelized, about 15 minutes.
3. Meanwhile, mix the yogurt, lemon juice and a generous amount of pepper in a medium bowl until smooth. Warm the pitas in the microwave on a microwave-safe plate, 30 seconds to 1 minute.
4. Spread the yogurt sauce on top of the pitas and spoon the chicken and onions over the sauce. Top with the pickles, tomatoes and shredded lettuce.
Cardamom Maple Salmon
By Allrecipes.com
Yield: 6 servings

INGREDIENTS

- 1 ½ teaspoons salt
- 1 teaspoon paprika
- 1 teaspoon ground cardamom
- 1 teaspoon ground coriander
- ½ teaspoon ground black pepper
- ¼ cup grapeseed oil
- 2 tablespoons maple syrup
- 1 (2 pound) salmon filet, cut into 3-inch pieces

PREPARATION

1. Stir salt, paprika, cardamom, coriander, and black pepper together in a bowl. Add oil and maple syrup; stir until evenly combined.
2. Preheat a nonstick frying pan over medium-high heat.
3. Dredge salmon pieces through maple syrup mixture until evenly coated on all sides.
4. Cook salmon in the preheated pan until fish flakes easily with a fork, 5 to 7 minutes per side.

TIPS

Be careful not to use too high of a temperature or the cardamom-maple mixture will burn.
Roasted Broccoli with Almonds and Cardamom
By Meera Sodha Adapted by Tejal Rao
Yield: 6 servings

INGREDIENTS

- 1½ pounds broccoli florets (from 2 to 3 heads of broccoli)
- 8 ounces cream cheese, softened
- 4 tablespoons Greek yogurt
- 1 teaspoon kosher salt
- 1 teaspoon ground black pepper
- ½ teaspoon ground cardamom
- ¼ teaspoon ground or freshly grated whole nutmeg
- ¾ cup ground almonds
- 3 tablespoons lemon juice

PREPARATION

1. Heat the oven to 400 degrees and line 2 large baking trays with parchment paper. Break the broccoli into bite-size pieces. Place all the other ingredients into a large bowl and mix well, using a spatula, spoon or electric mixer to combine. Add the broccoli and mix using clean hands, making sure the mixture gets into all the nooks and crannies of the florets.

2. Divide the broccoli between the 2 baking sheets and roast for 10 minutes. Turn the pieces over and return to the oven for another 10 minutes, or until the broccoli is tender, crunchy and charred in places. Pile into a bowl and serve.
Indian Rice Pudding
By Alton Brown
Yield: 4 servings

INGREDIENTS

- 1 cup cooked long grain or basmati rice
- 1 cup whole milk
- 1/2 cup heavy cream
- 3/4 cup coconut milk
- 2 ounces sugar, approximately 1/4 cup
- 1/4 teaspoon ground cardamom
- 1 1/2 ounces golden raisins, approximately 1/3 cup
- 1 1/2 ounces chopped unsalted pistachios, approximately 1/3 cup

PREPARATION

1. In a large nonstick saute pan over medium heat, combine the cooked rice and milk. Heat until the mixture begins to boil. Decrease the heat to low and cook at a simmer until the mixture begins to thicken, stirring frequently, approximately 5 minutes.

2. Increase the heat to medium, add the heavy cream, coconut milk, sugar, and cardamom and continue to cook until the mixture just begins to thicken again, approximately 5 to 10 minutes. Use a whisk to help prevent the cardamom from clumping. Once the mixture just begins to thicken, remove from the heat and stir in the raisins and pistachios. Transfer the mixture to individual serving dishes or a glass bowl and place plastic wrap directly on the surface of the pudding. Serve chilled or at room temperature.
Casablanca Cake
By Greyston Bakery Cookbook

INGREDIENTS

- 1 cup unsalted butter, at room temperature
- 1 ½ cups sugar
- 3 eggs, lightly beaten
- 2 cups flour, sifted
- 1 ½ teaspoons ground cardamom
- ¼ teaspoon salt
- 2 teaspoons baking soda
- 1 cup sour cream
- Confectioners’ sugar

PREPARATION

1. Set the oven at 325 degrees. Grease and flour a 10-inch Bundt pan.
2. In the bowl of an eclectic mixer, cream the butter until soft and light, add the sugar gradually, beating well.
3. Beat in the eggs a little at a time, beating thoroughly.
4. Sift together the flour, cardamom, salt, and baking soda.
5. Beat the flour mixture into the batter alternatively with the sour cream, beginning and ending with flour.
6. Pour the batter into the prepared pan, smooth the top with a rubber spatula, and transfer the cake to the heated oven.
7. Bake the cake for 45 to 50 minutes or until it pulls away from the sides of the pan and a skewer inserted into the center of the cake comes out clean.
8. Leave the cake in the pan to cool for 5 minutes, then turn it out on a rack to cool completely. Leave to mellow for several hours before sprinkled with confectioners’ sugar.
Masala Chai
By Hetal Vasavada
Yield: 1 serving

INGREDIENTS

- ¼ cup water
- 1 tbsp of loose leaf black tea (preferably CTC teas) OR 2 black tea bags
- 1 tbsp of sugar, or to taste
- 1 cup milk (dairy or non-dairy)
- 3 whole cloves
- ½ stick (3 inches) of cinnamon
- 1 tsp fresh ginger, minced
- ¼ tsp ground cardamom

PREPARATION

1. In a small saucepan over medium heat, add water, tea, and sugar and mix well.
   Once it comes to a boil add milk and spices. Give it a stir and let it come to a boil, but watch it carefully. If you’re using dairy milk the milk will simmer up the sides of the pan, when it starts simmering up the side, remove it from heat and stir it.
   Return it to the heat and simmer the milk up the sides of the pan 2 more times.
   Strain the chai into your mug and top off with extra milk (about 1-2 tablespoons) to cool.
Granola Topping
By Claire Robinson
Yield: 2 ½ cups

INGREDIENTS

- 1 1/2 cups old-fashioned rolled oats
- 1 cup slivered almonds
- 1/2 cup wheat germ
- 1/2 teaspoon ground cardamom
- 1/2 cup dark agave nectar
- Kosher salt and freshly cracked black pepper

PREPARATION

1. Preheat the oven to 300 degrees F. Line a sheet pan with parchment paper and set aside.
2. In a medium bowl, toss together the oats, almonds, wheat germ and cardamom. Pour in the agave and mix well. Season with salt and pepper. Transfer the mixture to the sheet pan and bake until golden, stirring halfway through, about 20 minutes. Remove from the oven and let cool in the pan.