

Cardamom, *Elettaria cardamomum*

Tips for Use:

- It is preferable to purchase cardamom in the pod and remove the seeds for grinding as the ground seeds lose flavor quickly
- Grind seeds with a mortar and pestle or a spice grinder; the whole pod may be ground
- The whole pod can be lightly crushed and added to stews and curries
- Add to beverages such as mulled wine or hot cider, tea, coffee, egg nog, and liqueurs
- Use sparingly, a little cardamom goes a long way!

Cardamom Apples with Bay Leaf Cream

4 apples, peeled, halved, and cored	¼ cup plus 2 teaspoons brown sugar
1 orange	4 tablespoons butter, cut in pieces
1 cup sugar	½ cup heavy cream
1 cup water	2 fresh bay leaves
Seeds from 8 cardamom pods	2 teaspoons brown sugar

Preheat oven to 350°F. Remove zest from orange and cut into thin strips. Juice the orange.

Place sugar, water, and cardamom seeds into a saucepan and bring to a boil. Add halved apples and simmer for 3 minutes. Remove from heat and allow apples to cool in the liquid. Remove apples from liquid and drain.

Heat cream and 2 teaspoons brown sugar in a small saucepan just to the boiling point. Remove from heat, add fresh bay leaves, cover, and allow to steep for 30 minutes. Remove bay leaves and chill the cream in the refrigerator.

Combine ¼ cup brown sugar and butter in a small baking dish. Carefully lay the apples on top of brown sugar, flat side down. Pour orange juice and zest over apples. Bake for 10 minutes.

Turn apples in the orange syrup and return to oven for 10 minutes. Remove apples from the syrup and place in individual serving dishes. Drizzle a little of the orange syrup over the apples and add a spoonful of bay leaf cream in the apple hollow. Yields 8 servings.

Kathy K. Schlosser, HSA North Carolina Unit
The Herb Society of America's Essential Guide to Growing and Cooking with Herbs

Garam Masala

3 tablespoons black peppercorns	1 (1-inch) stick cinnamon, broken
3 tablespoons whole coriander	1 tablespoon cardamom seeds
2 ½ tablespoons dark caraway seeds	1 tablespoon whole cloves

Grind all ingredients in a coffee grinder to a powder. Store in a tightly covered container.

This blend is good for seasoning vegetables, stews, and potatoes. It is also wonderful in tomato soup. Yields $\frac{3}{4}$ cup.

Mary Rimmel Wohleb, HSA Arkansas Unit
The Herb Society of America's Essential Guide to Growing and Cooking with Herbs

Spice Liqueur

1 cup water	1 cinnamon stick, broken into pieces
2 cups sugar	1 whole clove
6 cardamom pods, seeds removed	4 cups vodka
3 teaspoons aniseed	

Combine water and sugar in a small saucepan. Bring to a boil and simmer for 5 minutes. Allow to cool completely.

Crush the aniseed lightly in a mortar. Put aniseed, cardamom seeds, cinnamon, and clove in a glass jar. Pour vodka over the spices. Shake well and allow to steep for 1 week.

Strain the vodka several times through a dampened coffee filter. When clear, add sugar syrup; pour into a sterilized glass bottle, cover with a nonmetallic lid, and allow to mellow for 4 weeks.

A very nice spice flavor that is good as is, drizzled over ice cream or pound cake. Put a spoonful into a steaming cup of tea!

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**Do you have a recipe using cardamom to share?
Please send it to Educator@herbsociety.org**