



# Spice of the Month

take and make kit

June's spice is:

## Cardamom

**Cardamom**, consisting of whole or ground dried fruits, or seeds, of *Elettaria cardamomum*, a herbaceous perennial plant of the ginger family (Zingiberaceae). The seeds have a warm, slightly pungent, and highly aromatic flavor somewhat reminiscent of camphor. They are a popular seasoning in South Asian dishes, particularly curries, and in Scandinavian pastries.

Cardamom fruits may be collected from wild plants, native to the moist forests of southern India, but most cardamom is cultivated in India, Sri Lanka, and Guatemala.

### How to Use Cardamom:

The cardamom pod, which contains hard, black seeds, is sometimes added whole to dishes. More commonly, the pods are opened and the seeds are removed, then roasted in an oven or a skillet. These seeds contain the spice's essential oil, which gives it its flavor and scent, with hints of mint and lemon. The seeds are ground with a mortar and pestle, then added to South Asian foods such as curry and chai. Cardamom is a characteristic ingredient in Middle Eastern cuisine as well. It also figures in pastries, especially in the Scandinavian countries, where it is also used as a flavoring for coffee and tea. The spice mixes well with cinnamon, as well as nutmeg and cloves. It is also an ingredient in the Indian spice blend called garam masala ("hot spices").

For more information visit:

<https://www.britannica.com/plant/cardamom>

Register for future kits at:

**[tuxedoparklibrary.org/spice](https://www.tuxedoparklibrary.org/spice)**

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## Cardamom Cake

Makes 8 servings

Time: 55 Minutes (includes prep, cook, and cooling time)

from Yumna Jawad, Feel Good Foodie

### INGREDIENTS:

#### Topping

- Cooking spray
- 2 tablespoons packed brown sugar
- ½ cup sliced almonds

#### Cake batter

- 1 ¼ cups all-purpose flour
- ⅔ cup granulated sugar
- 2 ½ teaspoons ground cardamom
- ½ teaspoon baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- ⅔ cup olive oil
- ½ cup Greek yogurt at room temperature
- 2 large eggs at room temperature
- 1 lemon zested
- 2 tablespoons lemon juice

#### For serving, optional

- 1 tablespoon powdered sugar
- ¼ teaspoon ground cardamom



### INSTRUCTIONS:

1. Preheat the oven to 350°F and lightly coat a 9" round cake pan with cooking spray. Sprinkle the bottom of the pan with brown sugar and evenly scatter the sliced almonds. Set aside
2. In a mixing bowl, whisk together the flour, sugar, cardamom, baking powder, baking soda, and salt.
3. Create a well in the flour mixture and add the olive oil, Greek yogurt, eggs, lemon zest and juice. Whisk into the flour mixture until just combined and no flour streaks remain.
4. Transfer the batter to the prepared cake pan and spread evenly. Bake for 25-30 minutes or until a toothpick inserted into the center comes out clean. Remove from the oven and allow the cake to cool in the pan for about 20 minutes.
5. Carefully flip the cake onto a serving plate, almond side up. Combine the powdered sugar and ground cardamom and dust over the cake before serving, if desired.

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## Spiced Chicken & Rice with Cardamom & Cinnamon

Makes 4 Servings • Time: 45 Minutes

Kay Chun - New York Times Cooking

### INGREDIENTS:

- 2 tablespoons unsalted butter
- 2 tablespoons extra-virgin olive oil
- 1½ pounds boneless, skinless chicken thighs, cut into 1½- to 2-inch pieces
- Salt and pepper
- 1 small red onion, thinly sliced (2 cups)
- 1 garlic clove, minced
- 1 (3-inch) cinnamon stick
- ½ teaspoon ground cardamom
- ½ teaspoon ground turmeric
- ⅛ teaspoon ground allspice
- 1½ cups/about 11 ounces basmati rice, rinsed until the water runs clear
- 3 cups low-sodium chicken broth
- ¼ cup golden raisins
- ¼ cup roasted salted pistachios, coarsely chopped
- ¼ cup sliced almonds (optional)
- 2 tablespoons chopped dill

### INSTRUCTIONS:

- In a large Dutch oven or heavy lidded pot, melt 1 tablespoon of the butter in 1 tablespoon of the oil over medium. Season chicken with salt and pepper. Working in two batches, cook chicken, turning halfway through, just until no longer pink, about 3 minutes per batch. Transfer to a plate.
- Decrease heat to low and add the remaining 1 tablespoon butter, oil and the sliced onion to the pot. Season with salt and pepper and cook, stirring occasionally, until softened, 3 minutes. Add garlic, cinnamon, cardamom, turmeric and allspice and stir until well incorporated and fragrant, about 1 minute. Add rice and stir until thoroughly combined.
- Add broth, raisins and pistachios, season well with salt and pepper and stir to lift up any browned bits on the bottom of the pot. Arrange chicken (with any accumulated juices) in an even layer on top and bring to a boil over high.
- Cover and decrease heat to low. Cook, undisturbed, until all of the liquid is absorbed, rice is tender and chicken is cooked through, about 15 minutes. Turn off heat and let stand for 5 minutes.
- Meanwhile, if using almonds, toast them in a small skillet over low, stirring, until golden, 3 to 5 minutes.
- Discard cinnamon stick. Scatter dill over the chicken and rice, then divide among bowls. Top each with some of the toasted almonds (if using). Serve warm.



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## Yogurt-Marinated Leg of Lamb With Cardamom and Orange

Makes 6-8 servings

Time: 1½ to 3 hours, largely unattended.

Mark Bittman - New York Times Cooking

### INGREDIENTS:

- 1x 5-to-7-pound leg of lamb, preferably at room temperature, shank removed if necessary
- ½ cup whole-milk yogurt
- ¼ cup chopped fresh mint, plus more for garnish
- 2 tablespoons orange zest
- 2 teaspoons ground cardamom
- 1 teaspoon salt, or to taste
- 2 teaspoons freshly ground black pepper



### INSTRUCTIONS:

- Heat the oven to 425°. Remove as much of the surface fat as is practical from the lamb. Mix together the yogurt, mint, orange zest, cardamom, salt and pepper; rub the meat all over with the yogurt mixture. If you have time, let the lamb sit for an hour or more (refrigerate if it will be much longer).
- Put the lamb on a rack in a roasting pan. (You might line the pan first with aluminum foil to make cleanup easier.) Roast for 30 minutes, then check; if the lamb threatens to burn, turn the heat down to 350°; otherwise leave it at 425°.
- After about 1 hour (total) of roasting, check the internal temperature of the lamb with an instant-read thermometer. Continue to check every 10 minutes; when it reaches 130 for medium rare (125 for very rare) in its thickest part (check it in several places), it's done. Total cooking time will be less than 1½ hours. Let it rest for a few minutes before carving. Serve garnished with more chopped mint.

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## Mulled Cider With Cardamom, Black Pepper and Ginger

Makes 16 servings | Time: 55 Minutes

Sarah DiGregorio - New York Times Cooking

### INGREDIENTS:

- 3 tablespoons green cardamom pods
- 2 teaspoons whole black peppercorns
- 2 (3- to 4-inch) cinnamon sticks, plus extra for garnish, if desired
- 1 teaspoon allspice berries
- 1 (4- to 5-inch) piece fresh ginger, peeled
- ½ lemon, scrubbed, thinly sliced and seeded, plus extra for garnish, if desired
- ½ small orange, scrubbed, thinly sliced and seeded, plus extra for garnish, if desired
- Generous pinch of kosher salt
- 1 gallon apple cider, preferably unfiltered
- 1 teaspoon vanilla extract
- 1 (750-milliliter) bottle rye whiskey (optional)



### INSTRUCTIONS:

1. Put the cardamom pods on a cutting board. Lay the flat of a chef's knife over them and gently smack the flat of the knife to lightly crush and crack the pods. Add the cardamom pods, peppercorns, cinnamon sticks and allspice berries to a medium skillet over medium-high heat. Toast the spices, shaking the pan often, until very fragrant, about 3 minutes.
2. Transfer the cinnamon sticks into a large Dutch oven or pot. Tie up the remaining spices into a cheesecloth bundle, and add that to the slow cooker as well. (If you don't have cheesecloth, you can use tea infusers or loose tea bags. You could also put the spices directly into the slow cooker, then strain the mixture as you serve.)
3. Cut the piece of peeled ginger in half lengthwise and smash each piece by laying the flat of the knife over it and smacking with the heel of your hand.
4. Put the ginger, lemon, orange, salt and apple cider into the Dutch oven. Bring it to a boil over high heat, then reduce the heat to maintain a low simmer and simmer for 30 minutes. (If you use unfiltered cider, some solids may rise to the top as you simmer; it's not necessary to skim them, but if you find them unappetizing, you can.)
5. Decrease the heat to its lowest setting. (Use a heat diffuser if you have one.) Stir in the vanilla. You can leave the cider on the stove for several hours. Set the rye whiskey by the stove so guests can spike their mugs, if desired, and set out cinnamon sticks and sliced citrus, so guests can garnish as they like.

Notes: These will last in an airtight container in the freezer for up to 3 month.

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## Pumpkin Cardamom Crumb Muffins

Makes: 12 servings | Time: 45 Minutes

Dan Pelosi - New York Times Cooking

### INGREDIENTS:

Softened butter (or cupcake liners), for the pan  
For the Crumb Topping

- ¾ cup/96 grams all-purpose flour
- ½ cup/110 grams packed dark brown sugar
- 1 teaspoon ground cardamom
- 1 teaspoon ground cinnamon
- Salt
- ½ cup/113 grams unsalted butter, melted ( 1 stick)

For the Muffins

- 1¼ cups/251 grams granulated sugar
- ½ cup/125 milliliters vegetable oil
- 1 teaspoon vanilla extract
- 2 large eggs
- 1 (15-ounce/425-gram) can pumpkin purée
- 2 cups/256 grams all-purpose flour
- 3 tablespoons pumpkin spice
- 1 teaspoon baking soda
- 1 teaspoon salt
- ½ teaspoon ground cardamom

### INSTRUCTIONS:

1. Heat the oven to 375 degrees.
2. Grease or line a 12-cup muffin tin.
3. Make the crumb topping: Whisk together the flour, brown sugar, cardamom, cinnamon and a pinch of salt. Add the melted butter and mix with a fork until large, solid chunks form. Set aside.
4. Prepare the muffins: In a large bowl, whisk together the granulated sugar, vegetable oil and vanilla extract. Add eggs and pumpkin puree and whisk to combine.
5. In a separate bowl, whisk together all-purpose flour, pumpkin spice, baking soda, salt and cardamom. Add the dry ingredients to the wet ingredients and stir to combine.
6. Evenly divide the batter among the muffin cups. Evenly top the batter with crumb topping, gently pressing the crumbs into the batter. Bake for 25 minutes, until muffins are springy to the touch and a toothpick inserted in the center comes out clean. Set the pan on a wire rack to cool. Serve warm or at room temperature. Store in an airtight container at room temperature for up to 4 days.

