

Cardamom (Elettaria cardamomum)

Use 1-2 tsp for 4 servings

Description

Cardamom pods contain highly aromatic citrus-like, floral flavoured seeds with menthol undertones. Either crush the pod lightly and discard after cooking, or open and remove the seeds which can then be used whole or ground.

The outer green pod is not eaten. Cardamom complements - fish, meat, curries, rice, fruit, pastries, meringue, cream, yoghurt, pickles.

Did you know?

Cardamom is known as the Queen of spices (pepper is the King). Cardamom is said to have a cooling effect on the body.

Chewing Cardamom seeds disguises the smell of alcohol on the breath. Cardamom is renowned as a powerful aphrodisiac.

Quality

India and Guatemala produce excellent quality Cardamom. The pale green pods should be plump, unblemished and filled with dark, often sticky black or brown seed. Cineole is the principal flavour-giving volatile oil.

Usage

Cardamom is an ingredient in Garam Masala and adds its unique flavour to curries.

In India, a spiced tea is made by boiling milk and water with 2 Whole Green Cardamoms, a piece of Cinnamon, 3 Cloves and sugar to taste.

Cardamom adds spice to coffee in Arab countries and is popular in pastries and cakes in Scandinavia. It is a principal seasoning in Danish pastries.

Add flavour to a fresh fruit salad by simmering a teaspoon of lightly crushed Cardamoms in 125 ml (4 fl oz) of water and 2 tbs sugar for 5 minutes. Allow to cool and remove the pods. Add 125 ml (4 fl oz) orange juice and pour over a selection of sliced fresh fruits before chilling.



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When cooking rice to accompany an Indian dish, add 6 Whole Green Cardamoms, 6 whole Cloves, 1/2 a Cinnamon Stick and 3 Bay Leaves for 4-6 servings. This gives a subtle spicy flavour.
