

## History about Spice

Known as the queen of spices (pepper being the king), green cardamom grows wild in the uplands of Kerala off the Malabar Coast. A sweet fragrant spice often called the vanilla of India, cardamom is used in almost every Indian dessert. Cardamom pods grow from tall plants on hillsides from rhizomes close to the ground, which makes harvesting challenging. Maturing every six to seven weeks and framed by a beautiful white flower, cardamom stems grow on alternate pods throughout the year. Working on a cardamom plantation requires eight hours of squatting on the haunches, a job usually done by women in Kerala. Green cardamom pods have an earthy sweet aroma, while the seeds inside are distinctly lemony with a menthol-like coolness. Green cardamom is best used whole or lightly crushed. Green cardamom seeds, which can be bought separately, can be ground into a powder.

## Sources



All Sources are books available for check out at Town Hall Library

- **Masala:** recipes from India, the land of spices: Anita Jaisinghani
  - 641.5954 JAI
- **Indian ish:** recipes and antics from a modern American family: Priya Krishna
  - 641.5954 KRI
- **Aarti paarti:** an American kitchen with an Indian soul: Aarti Sequeira
  - 641.5954 SEQ



## Information

The "Spice up Your Life" is a monthly "Take & Make Spice Club Kit" featuring a variety of unique spices, herbs, or blends.

## Kits Include

- Information on the featured spice.
- Two recipes (1 baking & 1 cooking).
- A small packet of featured spice-enough for **both of the recipes**.

## Share your experience with us

Once you have created your culinary masterpieces at home, we'd love you to share photos with us.

Send to [reference@townhall.lib.wi.us](mailto:reference@townhall.lib.wi.us) and you might be featured on the Town Hall Library Website

## One-Per-Household

Take & Make Spice Club Kit are free, but supplies are limited. Please, take one kit per household.



# Take & Make Spice Club Kit



## Spice Up Your Life



# January Ground Cardamom

# Cardamom Bread Pudding



## Ingredients

- 2 cups heavy cream
- 6 tablespoons granulated sugar
- **1 teaspoon of ground Cardamom**
- 2 tablespoons vegetable oil
- 5 slices white bread, crust removed, each slice cut into 4 squares
- 2 tablespoons roughly chopped pistachios, for garnish

## Directions

- Coat the bottom of a medium pot or small Dutch oven with 2 tablespoons of water (this will prevent the cream from sticking when you heat it), then add the cream. Cook over medium heat, stirring continuously, until the cream is warmed through, 4 to 6 minutes. Turn off the heat and stir in the sugar and **cardamom**, making sure the sugar has dissolved completely. Set aside.
- In a large skillet over medium-high heat, warm the oil. Once the oil begins to shimmer, reduce the heat to medium-low, add the bread, and cook until the undersides are golden brown, 4 to 6 minutes. Flip and cook until the other sides have also turned golden brown, 4 to 6 minutes more.
- In a 9-inch square baking dish, arrange the pieces of bread in a single layer. Stir the **cardamom** cream to fully incorporate the sugar and **cardamom**, then pour the cream over the bread, making sure each piece of bread is fully soaked with cream.
- Cover the dish with plastic wrap and refrigerate overnight or for up to 12 hours. Just before serving, garnish with the pistachios.

# Chicken Curry



## Ingredients

- 3 tablespoons sunflower oil
- 2 (1-inch) cinnamon or cassia sticks
- **1 teaspoon of ground Cardamom**
- 2 bay leaves
- 4 whole cloves
- 1 medium yellow onion, finely chopped (about 2 cups)
- Kosher salt
- 4 cloves garlic, finely chopped
- 1 (2-inch) piece fresh ginger, peeled and finely chopped
- 1 medium serrano chile, sliced into half-moons **\*Optional very spicy\***
- 2 large ripe tomatoes, diced (2 cups) or 1 (14.5-ounce) can diced fire-roasted tomatoes
- 2 teaspoons ground coriander
- ½ teaspoon paprika
- ½ teaspoon ground turmeric
- 1 teaspoon ground cumin
- 1 ½ pounds boneless skinless chicken thighs, cut into (1/2-inch) chunks
- 1/3 cup yogurt
- 1/2 cup of water
- About 1 tablespoon fresh lime juice (from about ½ lime)
- 1/4 cup minced fresh cilantro leaves and soft stems

## How do you convert pods to ground?

1 Cardamom Pod= 1/6 teaspoon ground cardamom

## Directions

- In a large, heavy-bottomed, and preferably nonstick wok or sauté pan, warm the oil over medium-high heat until shimmering. Add the cinnamon, **cardamom**, bay leaves, and cloves, and cook for a few seconds until slightly puffed up and fragrant.
- Add the onion, along with a pinch of salt. Sauté until the onion is golden brown, 8 to 10 minutes. Then add the garlic, ginger, and serrano and sauté for a minute more. Add the tomatoes, coriander, paprika, turmeric, and cumin and cook until the tomatoes have lost their structure and the sauce has thickened, about 10 minutes.
- Pluck out the cinnamon sticks and bay leaves, then puree the tomato mixture in a blender (hold the lid on securely with a kitchen towel) until very smooth.
- Return the puree to the pan (but don't rinse out that blender jar just yet!), raise the heat to high, and bring the puree to a boil. Add the chicken pieces and stir to coat. Cook until you don't see any more raw bits on the chicken, roughly 5 to 7 minutes.
- Add the yogurt, a little at a time. Add the water to the blender jar and swirl it around to capture any last bits of the tomato puree. Pour into the pot, and add 1 teaspoon kosher salt. Cover, bring to a boil, then reduce the heat to low and cook for 25 minutes, or until the chicken is tender.
- Remove the lid and simmer for 5 minutes more to thicken the sauce. Turn off the heat and stir in the lime juice and cilantro. If you can, wait 15 minutes before serving, to allow the flavors to settle.

