

**FYI...**



Cardamom is a popular spice that has been used for centuries in culinary traditions across the globe. Its distinct flavor and aroma make it a versatile addition to both sweet and savory dishes. Not only does it enhance the taste of food, but cardamom also comes with a range of health benefits.

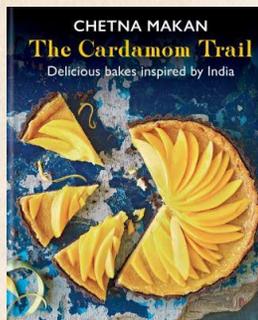
Cardamom, known as the Queen of Spices, is highly valued for its unique flavor and aroma. It is one of the most expensive spices in the world, second only to saffron.

The two primary types of cardamom are green cardamom and black cardamom. Green cardamom is more common and widely used, while black cardamom has a smoky and resinous flavor.

The seeds of cardamom pods have a strong, sweet, and slightly spicy aroma. The fragrance of cardamom is often described as warm, floral, and somewhat citrusy.



## Book recommendations



**The Cardamom Trail: Delicious Bakes Inspired by India** by Chetna Makan

**The Nordic Baker Plant-Based Bakes and Seasonal Stories from a Kitchen in the Heart of Sweden** by Sofia Nordgren



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## Spice of the Month Club



**January 2024  
Spice of the Month:  
Ground Cardamom**

# Spiced Lentil Soup

## Ingredients

- 1 1/2 tablespoons (22.5 mL) extra-virgin olive oil
- 2 cups (280 grams) diced onion (1 medium/large)
- 2 large garlic cloves, minced
- 2 teaspoons ground turmeric
- 1 1/2 teaspoons ground cumin
- 1/2 teaspoon cinnamon
- 1/4 teaspoon ground cardamom
- 1 (14-ounce/398 mL) can diced tomatoes, with juices
- 1 (14-ounce/398 mL) can full-fat coconut milk\*
- 3/4 cup (140 grams) uncooked red lentils, rinsed and drained
- 3 1/2 cups (875 mL) low-sodium vegetable broth
- 1/2 teaspoon fine sea salt, or to taste
- Freshly ground black pepper, to taste
- Red pepper flakes or cayenne pepper, to taste (for a kick of heat!)
- 1 (5-ounce/140-gram) package baby spinach
- 2 teaspoons (10 mL) fresh lime juice, or more to taste

## Directions

- In a large pot, add the oil, onion, and garlic. Add a pinch of salt, stir, and sauté over medium heat for 4 to 5 minutes until the onion softens.
- Stir in the turmeric, cumin, cinnamon, and cardamom until combined. Continue cooking for about 1 minute, until fragrant.
- Add the diced tomatoes (with juices), entire can of coconut milk, red lentils, broth, salt, and plenty of pepper. Add red pepper flakes or cayenne, if desired, to taste. Stir to combine. Increase heat to high and bring to a low boil.

- Once it boils, reduce the heat to medium-high, and simmer, uncovered, for about 18 to 22 minutes, until the lentils are fluffy and tender.
- Turn off the heat and stir in the spinach until wilted. Add the lime juice to taste. Taste and add more salt and pepper, if desired. Ladle into bowls and serve with toasted bread and lime wedges.

# Swedish Cardamom Cake (Kardemummakaka)

## Ingredients

- 3 cups all-purpose flour
- 1 teaspoon fine salt
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 tablespoon ground cardamom
- 3/4 cup buttermilk
- 1 tablespoon freshly-squeezed lemon juice
- 18 tablespoons 2 1/4 sticks unsalted butter
- 2 cups granulated sugar
- 3 large eggs room temperature
- 1 egg yolk room temperature
- Powdered sugar for serving

## Directions

- Preheat the oven to 350 degrees. Grease and flour a 10-cup capacity bundt pan OR spray the interior of the pan with baking spray. Set aside.
- Whisk flour, salt, baking powder, baking soda, salt and cardamom together in a medium bowl. Set aside.
- Combine buttermilk and lemon juice in a small bowl. Set aside.

- Combine butter and granulated sugar in the work bowl of a stand mixer fitted with the paddle attachment. Mix on medium speed until the mixture is light and fluffy, about 3-4 minutes. Add eggs and egg yolk one at a time, allowing each one to fully incorporate into the batter before adding the next.
- Reduce the mixer speed to low. Add one third of the flour mixture, followed by one half of the buttermilk mixture. Repeat, finishing with the flour mixture (do not over mix).
- Transfer the batter to the prepared bundt pan and smooth out the top with a rubber spatula. Tap the pan on the counter a few times to eliminate any air bubbles. Bake for 50-60 minutes or until a skewer inserted in the center of the cake comes out clean.
- Cool the cake in the pan for 10 minutes. Lay a wire cooling rack over the top of the pan and invert the cake onto the rack. Remove the pan, leaving the cake behind. Cool the cake to room temperature and dust with powdered sugar before serving.

**Try these recipes, or get creative!  
Have fun in the kitchen!**

Please email photos of your recipes to  
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