

Did you know...

Cardamom is a delicious spice that is used in both sweet and savoury dishes. Originating in India, cardamom can be found all over the world, and is especially popular in Indian, Middle Eastern and Swedish dishes. It can be used whole to flavour drinks and curries, or ground to put into many different dishes. Green cardamom is the most common type found, but black cardamom is also a great choice!

Cardamom is a great source of antioxidants, and can help lower blood pressure. Cardamom may help with digestion and can help with your oral health too.



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January 2023
Spice of the Month:
Ground Cardamom



Kardemummakaka (Swedish Cardamom Cake)

Ingredients

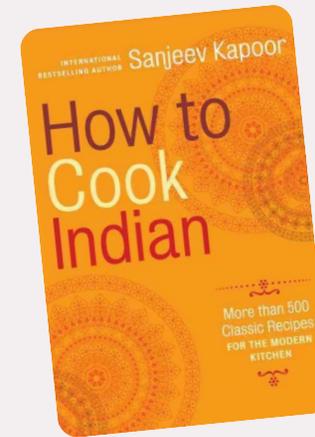
- 3 cups all-purpose flour
- 1 tsp. fine salt
- 1 tsp. baking powder
- 1/2 tsp. baking soda
- 1 tbsp. ground cardamom
- 3/4 cup buttermilk
- 1 tbsp. freshly-squeezed lemon juice
- 2 1/4 sticks unsalted butter
- 2 cups granulated sugar
- 3 large eggs, room temperature
- 1 egg yolk, room temperature
-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



Directions:

- Preheat the oven to 350 degrees. Grease and flour a 10-cup 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 sugar in the 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. 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, then transfer to a cooling rack. Cool the cake to room temperature and dust with powdered sugar before serving.

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Cardamom Spiced Hot Cocoa

Ingredients

- 1 cup low-fat milk
- 2 tbsp. unsweetened cocoa powder
- 1 tbsp. maple syrup
- 1/8 tsp. ground cardamom

Directions:

- In saucepan, warm the milk over medium low heat.
- Whisk in the cocoa powder, maple syrup, and cardamom.
- Pour into a mug and serve.

