

# September



## History

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

Introduced to Europe in the mid-16th century, cardamom bears a name that blends the Greek words for "spice" and "cress." The name is sometimes mistakenly applied to similar spices in the ginger family, but it properly describes two related varieties of the spice, black and green, the latter being the more common. Black cardamom is aromatic and smoky, whereas green cardamom has a milder flavor.

## Blackberry Cardamom Peach Crisp

### INGREDIENTS

#### FRUIT FILLING:

- 3 ripe peaches
- 1 1/2 cups blackberries, fresh or frozen
- 2 Tablespoons maple syrup
- 1 Tablespoon tapioca starch
- 1/4 Teaspoon ground cardamom
- 1 Tablespoon vanilla extract

#### CRISP TOPPING:

- 3/4 cup almond flour
- 1/2 cup chopped almonds
- 1/2 cup unsweetened big flake coconut
- pinch of sea salt
- 2 Tablespoons coconut oil, melted
- 1/4 cup Grade A maple syrup

### INSTRUCTIONS

1. Preheat the oven to 325°F.
2. Slice the peaches into thin slices, for 3 peaches I sliced them into 16ths. Lay the peach slices into a 11" x 7" – 2 quart baking dish. Scatter the blackberries evenly over the top.
3. Mix together the maple syrup, tapioca, cardamom, and vanilla extract until completely smooth.
4. Pour the mixture over the peaches and blackberries.
5. Make the crisp topping by mixing all the ingredients together until combined.
6. Using a spoon, dot the crisp topping as evenly as possible over the top of the fruit. It's ok if a bit of the fruit peeks through here and there.
7. Bake the crisp for 35-45 minutes, or until the crisp is bubbling around the edges and the topping is golden brown.
8. Remove the crisp from the oven and cool for at least 30 minutes before serving.
9. This crisp keeps well for 3-4 days refrigerated, but the topping will soften.

Find it online: <https://getinspireveryday.com/food/blackberry-cardamom-peach-crisp/>

# Cardamom Honey Chicken

## INGREDIENTS

### **MARINADE:**

- 4 tablespoons honey
- 2 tablespoons sherry
- 1 teaspoon cardamom seeds, ground
- 1 teaspoon peppercorns, ground

### **CHICKEN:**

- 4 chicken breasts, skin-on, bone-in (cut in half if large), or one whole chicken, cut into parts
- 2 tablespoons extra virgin olive oil
- 1 lemon, thinly sliced
- Kosher salt and freshly ground black pepper

## METHOD

1. **Marinate the chicken:**
  - a. Warm the honey slightly (in microwave or on stovetop), stir in the sherry, cardamom and peppercorns.
  - b. Place marinade and chicken in a large bowl, coat chicken with marinade. Cover with plastic wrap and let sit at room temperature for 30 minutes.
2. **Preheat the oven to 390°F (200°C).**
3. **Sear the chicken:**
  - a. Heat olive oil in a large frying pan at medium heat. Sear the chicken for 20 to 30 seconds, skin side down, until golden. Watch carefully, since the chicken skin goes from browned to charred quickly.
4. **Bake:**
  - a. Place lemon slices in a roasting pan. Lay the chicken pieces on top. Brush with the marinade. Season generously with salt and pepper. Cover loosely with foil.
  - b. Place in the oven and bake for 25 minutes. Remove foil and continue to bake for 10 to 15 minutes longer or until a thermometer registers 165°F (75°C) when inserted into the thickest part of the chicken.
  - c. Check often. If the chicken starts to get too dark (this can happen when using honey), tent with foil.
5. **Let rest:**
  - a. Remove from oven and let rest for 10 minutes before serving. Pour out drippings from the pan into a gravy boat for gravy.
6. **Serve:**
  - a. Serve with rice, mashed potatoes, or couscous.

Find online: [simplyrecipes.com/recipes/cardamom\\_honey\\_chicken/](http://simplyrecipes.com/recipes/cardamom_honey_chicken/)

# Pistachio Cardamom Ice Cream

## INGREDIENTS

- 2 cups heavy whipping cream
- 1 cup sweetened condensed milk
- 1/2 teaspoon powdered cardamom
- 1/3 cup roasted, salted pistachios (rough chop)

## INSTRUCTIONS

- Whip heavy whipping cream until light peaks form
- Add sweetened condensed milk, cardamom, and chopped pistachios
- Lightly blend to stir in remaining ingredients. Do not over whip.