Poplar Creek Public Library District's

SPICE CLUB

CARDAMOM RECIPES

December 2025

Cardamom, almond extract and walnuts enhance the flavor of these buttery cookies.

Excerpt and recipe from the following cookbook

RECIPES ACROSS AMERICA

by Taste of Home

Call #: 641.5973 Tas

Available for checkout from the Poplar Creek Public Library District.

CARDAMOM COOKIES

Makes 6 Dozen

2 cups butter, softened

2½ cups confectioners' sugar, divided

1½ teaspoons almond extract

3¾ cups all-purpose flour

1 teaspoon ground cardamom

⅛ teaspoon salt

1 cup finely chopped walnuts

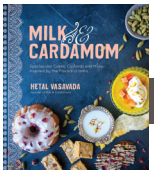
1. In a large bowl, cream butter and 1½ cups confectioners' sugar until smooth. Beat in extract. Combine the flour, cardamom and salt; gradually add to the creamed mixture. Stir in the walnuts.

2. Roll into 1-in. balls. Place 2 in. apart on ungreased baking sheets. Bake at 350° for 15-17 minutes or until edges are golden.

3. Roll warm cookies in the remaining confectioners' sugar. Cool on wire racks.

These pear and cardamom scones are my way of giving a nod to India's British past. Similar to most baked goods in India, I took a British classic and added additional spices to give it my own little twist. These scones would be perfect for a fancy afternoon tea party!

Excerpt and recipe from the following cookbook



MILK & CARDAMOM : SPECTACULAR CAKES, CUSTARDS AND MORE, INSPIRED BY THE FLAVORS OF INDIA

by Hetal Vasavada

Call #: 641.5954 Vas

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PEAR AND CARDAMOM SCONES

Makes 8 Scones

2¾ cups (344 g) all-purpose flour, plus more for baking sheet

2¼ tsp (10 g) baking powder

1¼ tsp (3 g) ground cardamom

¼ tsp of salt

3 tbsp (42 g) dark brown sugar

½ cup (113 g) unsalted butter, cold, cut into 1-inch (2.5-cm) cubes

2 eggs

1 tsp vanilla extract

3 tbsp (45 ml) date syrup or maple syrup

2 tbsp (30 ml) heavy cream, plus additional to brush on

2 medium Bartlett pears, peeled and diced into ½-inch (1-cm) cubes

ICING
2 tbsp (30 ml) date syrup or maple syrup

½ cup (60 g) powdered sugar

1. Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.

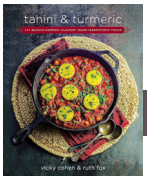
2. In a large bowl, add the flour, baking powder, cardamom, salt and brown sugar. Whisk well. Add the cold, cubed butter and use your hands or a pastry cutter to rub the butter into the dry ingredients until it is a sandy texture. Add the eggs, vanilla, date syrup and heavy cream. Bring the mixture together into a rough dough. Add in the pears and mix in. The dough should be slightly dry and crumbly, and come together into a dough ball if you squeeze a fistful together. If it feels too dry, add 1 tablespoon (15 ml) additional heavy cream, and if it's too wet, add 1 tablespoon (8 g) of flour.

3. Sprinkle the parchment-lined baking sheet with some flour and gather the dough into the center of the baking tray. Use your hands to mold the dough into a circle that is ½ inch (1 cm) thick. Use a knife to cut the dough into eight triangles/wedges. Use a spatula to separate the scones so that there is a 1-inch (2.5-cm) gap between each scone. Brush each scone lightly with the heavy cream. Bake the scones for 12 to 14 minutes, or until the tops are golden brown. Cool the scones on a rack.

ICING
To make the icing, add the date syrup and powdered sugar to a bowl and mix well. Drizzle the icing onto the scones and let them set. Enjoy with a cup of tea or coffee!

Of all the stories and memories we collected while growing up, the funniest are those involving our dad. Papi's one of those people who can make us laugh without even trying. Each September, he would harvest pomegranates from our garden, spending most of the evening peeling and seeding them in the living room while watching TV. That drove our mom crazy, even though she always stole a few handfuls to add to her bowl of honey, cinnamon, and cardamom oatmeal (yes, our mom eats oatmeal for dinner!). We started making overnight oats a couple of years ago, and we love this combination of flavors inspired by our childhood memories. Sweet and creamy, with the freshness of the pomegranate seeds, crunch from the pistachios, and a hint of exotic cardamom, this satisfying breakfast takes fifteen minutes to prepare at night and will be ready for you when you wake up—or, if you're like our mom, before bed!

Excerpt and recipe from the following cookbook



TAHINI & TURMERIC: 101 MIDDLE EASTERN CLASSICS-MADE IRRESISTIBLY VEGAN

by Vicky Cohen & Ruth Fox

Call #: 641.5956 Coh

Available for checkout from the Poplar Creek Public Library District.

OVERNIGHT OATS WITH CARDAMOM AND PISTACHIOS

Makes 2 Servings

1 cup old-fashioned rolled oats

2 tablespoons chia seeds

¼ teaspoon ground cardamom

⅛ teaspoon salt

2 cups unsweetened nondairy milk, lukewarm (this helps the maple syrup dissolve better)

3 tablespoons pure maple syrup

1 cup fresh pomegranate seeds

1 Fuyu persimmon, cut in half, seeded, and sliced
(A good substitute for persimmon can be plum, pears or apples)

⅓ cup shelled pistachios, roughly chopped

1. Combine the oats, chia seeds, cardamom, and salt in a large bowl.

2. In a separate bowl, combine the nondairy milk and maple syrup, and stir well until the maple syrup dissolves. Pour the liquid over the oat mixture and mix well.

3. Arrange one quarter of the pomegranate seeds, persimmon slices, and pistachios at the bottom of each of two containers. Top each with one quarter of the oat mixture. Repeat the process until the jars are full. Cover the jars and refrigerate overnight.

HOW TO PEEL A POMEGRANATE
Score the pomegranate horizontally down the middle. Gently twist both sides to separate the halves. Fill a large bowl with water. Hold one of the pomegranate halves in your hand, cut side down, over the bowl and tap the fruit's thick skin with a wooden spoon. The arils will fall out into the bowl, and the little pieces of yellow skin will come to the surface, so they can be easily removed. Repeat the process with the other half.

Did You Know?

- Cardamom is a perennial in the ginger family and grows wild in southern India and Sri Lanka
- Guatemala is currently the largest producer of cardamom
- Cardamom arrived in Europe from the East in classical times, via the ancient caravan trading routes
- Around 60% of all cardamom is consumed in Arab countries

Sources:

The Book of Herbs: an illustrated A-Z of the world's most popular culinary and medicinal plants by Barty Philips - 635.7 Phi

The Book of Spice: from anise to zedoary by John O'Connell - 641.3383 Oco

The Science of Spice: Understand Flavor Connections and Revolutionize your Cooking by Dr. Stuart Farrimond - 641.3383 Far

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