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Spice Club

NOVEMBER
2022:
CARDAMOM



THIS MONTH'S SPICE: CARDAMOM

ORANGE AND CARDAMOM MUFFINS

INGREDIENTS

WET INGREDIENTS

- 3/4 cup granulated sugar
- 2 eggs
- 1/2 cup vegetable oil
- 1/2 cup milk
- 1/4 cup orange juice
- zest of 1 large orange, grated

DRY INGREDIENTS

- 2 cups all purpose flour
- 2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1 tsp ground cardamom
- 3 Tbsp sparkling sugar, for topping

INSTRUCTIONS

- Preheat oven to 350F and butter a muffin tin, or line with muffin tin liners.
- Whisk together all the wet ingredients well.
- In a separate bowl, whisk together the dry ingredients, then add to the wet ingredients and fold everything together until there are no dry bits of flour left.
- Pour the batter into the prepared muffin tins, and top with a sprinkling of the sparkling sugar.
- Bake for 20-22 minutes until risen and starting to turn golden brown around the edges. A toothpick inserted into the center of a muffin should come out without wet batter clinging to it.

This recipe came from The View from Great Island
(<https://theviewfromgreatisland.com/>)

DID YOU KNOW?

Like turmeric, cardamom is also a plant from the ginger family. It is considered the world's third most expensive spice by weight (after saffron and vanilla). Cardamom seeds are harvested and ground, but the pod can also be used whole to infuse its flavour before being discarded.

Cardamom comes in green and brown varieties. Green refers to the dried, thick, paper-like pods which house the dark brown, oily seeds. Its flavour is warm and pungent. Brown cardamom is larger and more pungent in taste and aroma – a more smoky, camphor aroma.

(from The Spice Bible by Jane Lawson and The Spice and Herb Bible 3rd Ed. by Ian Hemphill)