

# History | Preparation

“A member of the ginger family, this aromatic spice is native to India and grows in many other tropical areas including Asia, South America, and the Pacific Islands. Cardamom seeds are encapsulated in small pods about the size of a cranberry. Each pod contains 17 to 20 tiny seeds. Cardamom has a pungent aroma and a warm, spicy-sweet flavor. It’s widely used in Scandinavian and East Indian cooking.”

“The seeds may be removed from the pods and ground or the entire pod may be ground. A mortar and pestle make quick work of the grinding. If using cardamom to flavor dishes such as stews and curries, lightly crush the shell of the pod and add the pod and seeds to the mixture. The shell will disintegrate while the dish cooks. Be frugal when using cardamom-a little goes a long way.”

Taken from *The New Food Lover’s Companion* by Sharon Tyler Herbst and Ron Herbst, 2007; Call #: 641.03 HERBST



## Recipe to Try

### Raspberry Cardamom Jam

Taken from *Chetna’s Easy Baking with a Twist of Spice* by Chetna Makan | Call #: 641.59 MAKAN

Makes 1 jar

500g (1 lb 2 oz) fresh raspberries

400 g (140 oz) jam sugar

Juice of 1 lemon

1 teaspoon ground cardamom

Put a small ceramic plate in the freezer.

Put all the ingredients in a heavy-based saucepan and cook over a medium heat until the sugar has dissolved. Now reduce the heat and bubble over a medium heat for 18-20 minutes until it gets a bit thicker and sticky.

Put a drop of jam on the chilled plate and push the jam with your finger. If the jam gets crinkly, it means it’s ready. If the jam is not yet set, it will not form any crinkles, in which case cook for another minute and test it again.

Once done, transfer to a clean, hot sterilized jar (see below). Seal once cooled. Store in a cool dry place and use it within 4 weeks

To sterilize jars, wash jars and lids in hot soapy water, preheat the oven to 160°C (325°F), Gas Mark 3, place the jars upside down on a baking tray and put in the oven for 20 minutes to dry. Meanwhile, boil a kettle and submerge the lids in boiling water in a bowl.

### Questions

If you have any questions please feel free to contact us at  
kCosta@pvld.org or  
iRabot@pvld.org  
(310) 377-9584 ext. 217 or 218



**Featured Spice:  
Green Cardamom**

# Book Recommendations

## Print Books

- *At Home with Madhur Jaffrey: Simple Delectable Dishes from India, Pakistan, Bangladesh, & Sri Lanka* by Madhur Jaffrey | Call #: 641.595 JAFFREY
- *Baking with Dorie: Sweet, Salty, & Simple* by Dorie Greenspan | Call #: 641.59 GREENSPAN. Also available on Hoopla
- *The Café Spice Cookbook: 84 Quick and Easy Indian Recipes for Everyday Meals* by Hari Nayak | Call #: 641.5954 NAYAK
- *Standard Baking Co. Pastries* by Alison Pray | Call #: 641.815 PRAY
- *Made in India: Recipes from an Indian Family Kitchen* by Meera Sodha | Call #: 641.5954 SODHA
- *The Nordic Cook Book* by Magnus Nilsson | Call # 641.5948 NILSSON
- *Rambutan: Recipes from Sri Lanka* by Cynthia Shanmugalingam | Call #: 641.59549 SHANMUGLAINGAM

## Digital eBooks from Hoopla

- *100 Cookies: the Baking Book for Every Kitchen: With Classic Cookies, Novel Treats, Brownies, Bars and More* by Sarah Kieffer
- *Fiestas: Tidbits, Margaritas & More* by Marcela Valladolid
- *Have Your Cake and Vegan Too* by Kris Holecheck
- *Les Petits Sweets* by Anne E. McBride
- *Cooking in Season: 100 Recipes for Eating Fresh* by Brigit Binns
- *Moon Milk* by Anni Daulter

This program is made possible by the support of the Peninsula Friends of the Library

# Potluck & Presentation with Chef Marie Madrid

Saturday, October 26, 2024  
Potluck: 1:00 pm - 1:45 pm  
Presentation: 1:45 pm - 2:30 pm\*  
Peninsula Center Community Room  
701 Silver Spur Road, R.H.E., 90274  
[www.pvld.org](http://www.pvld.org)

\*A PRESENTATION WITH CHEF MARIE WILL FOLLOW THE POTLUCK. SAMPLES ARE NOT GUARANTEED FOR ANY/ALL ATTENDEES.

## Potluck Participation

We will be meeting in-person to discuss and share your findings, recipes, and opinions about the featured spice. Bringing a dish is not mandatory but encouraged.

- If bringing a dish to share, please keep your dish serving size to no more than 6 people.
- Food will need to be ready to serve. There is no reheating, microwave, oven, stove, or refrigeration available. We will provide serving utensils, paper plates, and water.
- Please be respectful of people's dishes. Please be advised if you have food allergies we cannot guarantee that shared dishes will be free of allergens.
- Kindly email a copy of the recipe you are sharing to [kCosta@pvld.org](mailto:kCosta@pvld.org) and [iRabot@pvld.org](mailto:iRabot@pvld.org) by **Wednesday, October 16** so we can have copies available for the group the day of the potluck.



Chef Marie Madrid has been an Adjunct Instructor in the Los Angeles Harbor College Culinary Arts Department since 2013 and has taught various classes including Basic Baking Skills, Nutrition and

Menu Planning, Purchasing, Adult Education Baking, and Elements of Cooking and Hospitality. She also coached the students on LAHC's Pastry Team that compete in the annual Culinary Cup, which has placed first in 2019 and 2021. She obtained a Bachelor of Arts in Nutrition and Food Service Systems Management from San Francisco State University, a Masters of Science in Hospitality Management from Johnson and Wales University, and an Associates of Arts degree in Professional Baking and Pastry Arts from Los Angeles Trade Technical College. Prior to starting at LAHC, Chef Marie Madrid had several years of professional experience in pastry and culinary arts and has worked as a pastry chef in the kitchens at San Francisco State University, St. Vincent's Meals on Wheels, Rockenwagner Bakery, Airloom Bakery, and at Disneyland's Central Bakery. In addition, she continues her professional development by taking courses from the San Francisco Baking Institute including Venissorie, Artisanal Bread and Advanced Sourdough Breads. In 2018, Chef Marie Madrid was awarded Pastry Chef of the Year from the American Culinary Federation (ACF) and currently sits on the Board of the local ACF chapter, Chefs de Cuisine of Los Angeles.

