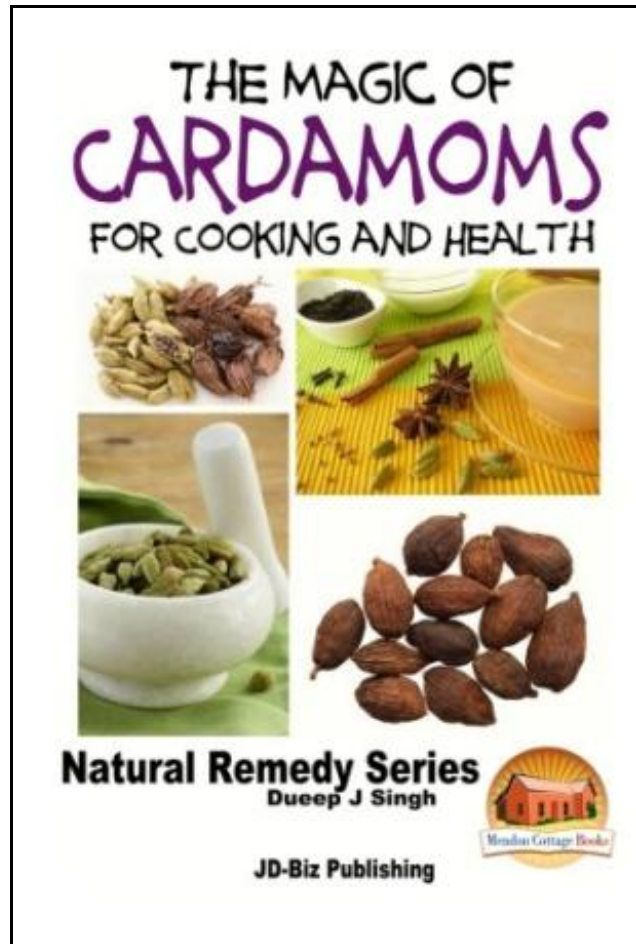


## The Magic of Cardamoms for Cooking and Health (Paperback)



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### ***Reviews***

*Comprehensive manual for ebook fans. I am quite late in start reading this one, but better then never. Its been written in an exceptionally basic way and is particularly merely soon after i finished reading this publication in which really changed me, affect the way in my opinion.  
(Prof. Antone Olson II)*

## THE MAGIC OF CARDAMOMS FOR COOKING AND HEALTH (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Magic of Cardamoms For Cooking and Health Table of Contents Introduction How to Grow Cardamoms Growing Cardamoms from Seeds. Getting Your Seeds Ready for Sowing When to Harvest Cardamoms How to Store Cardamoms Traditional Spiced Masala Chai Making Traditional Chai Where to Use Black Cardamoms Traditional Noodle Soup Traditional Tandoori Masala Cardamoms for Healing Fighting Depression Throat and Chest Infections Conclusion Author Bio Introduction Cardamoms are considered to be one of the most expensive than precious spices in the world today, taking their place along with saffron, cinnamon, cloves and vanilla. So what is the magic about this fruit, which has made it the cause for sailors and soldiers going out to conquer lands where this plant was a native and grown extensively? Historians say that this plant is native to the Indian subcontinent, and that is why the tropical climate made this plant flourish all over Nepal, Bhutan, India, and surrounding areas. You may find cardamom in the market, packaged in green seed pods, which have to be removed so that you can find aromatic green seeds inside. The shell is papery and is equally aromatic as are the seeds. Guatemala is a top producing country for cardamoms, which are either black or green in color. Both of them belong to the same family, but are two different species. The green cardamoms which you enjoy sprinkling on your desserts, or just enjoy chewing on the seeds to freshen your breath are Elettaria, [this name has been taken from the traditional ancient name for cardamoms -elaichi- taken from the original Sanskrit ellaka] while the dark brown larger pods are Amomum. [This word has been...



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