

SWEDISH MULLED WINE

from *New York Times Cooking*, by Steven Raichlen

Ingredients

- 2 bottles of dry red wine
- 1 bottle of sweet white wine
- 1 lemon
- 1 orange
- 10 cloves
- 10 cardamom pods
- 3 cinnamon sticks
- 1 inch fresh ginger, thinly sliced
- 1 cup raisins
- 1 cup blanched almonds
- 1 cup sugar, or to taste
- 1 tbsp bitters

Instructions

1. Combine the wines in a large saucepan. Using a vegetable peeler, remove the zest of citrus fruits. Squeeze fruits and add the juice to the wine. Add lemon peel, orange peel, and spices to wine. (Use a piece of cheesecloth to bundle these ingredients to more easily remove them later, if you like). Add raisins, almonds, and sugar.
2. Bring the wine mixture to a boil. Reduce heat and gently simmer for 15 minutes or until flavors are blended and almonds are soft. Skim wine to remove foam. Taste and add sugar if needed.
3. Before serving, add bitters. Ladle into mugs and cups and serve with a spoon to eat the raisins and almonds.



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TASTE TEST

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CARDAMOM

Cardamom, *Elettaria cardamom*, includes the seeds produced from a number of plants in the ginger family. Native to southern India, cardamom has a similar aroma to cloves, but the taste includes a blend of ginger and cinnamon flavors. Cardamom is most commonly used in Indian and Middle Eastern cuisine, teas in Asia, and Scandinavian baking and mulled wines. According to studies by Texas A&M and the National Institutes of Health, cardamom may aid in relieving digestive issues, reducing inflammation, and helping with bad breath.

FUN FACTS

Cardamom ranks as the third most expensive spice on the market at \$29.50/lb. (Saffron, the most expensive, costs between \$1500 and \$6800/lb.) The earliest written record of the use of cardamom is from 3,000 BCE, but its use became more common by the second century BCE. Ancient Egyptians used the spice in medicine, rituals, funeral rites, and for dental hygiene; Ancient Greeks and Romans used it in perfumes and oil.



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CARDAMOM PEPPER STEAK

by Raghavan Iyer in *Indian Cooking Unfolded*,
Workman Publishing, 2013.

Ingredients

- 1 tbsp black peppercorns
- 1 tsp cardamom seeds
- 1 tsp coarse kosher or sea salt
- 4 filets mignons (each 3 to 3 ½ inches thick)
- Nonfat cooking spray

Instructions

1. Preheat a gas or charcoal grill to high.
2. Place the peppercorns and the cardamom seeds in a spice grinder and grind the blend to the consistency of coarsely ground black pepper. (You can also use a coffee grinder or mortar and pestle.) Tap this intensely aromatic blend out on to a plate and stir in the salt.
3. Divvy up the spice blend among the four filets, pressing it on both sides of the steaks, studding the meat with aroma and heat.
4. Lightly spray the grill grate with cooking spray and place the filets on the grate. If you are using a gas grill, reduce the heat to medium. If charcoal is the name of your game, spread out the hot charcoal to even out the heat before placing the meat on the grate.
5. Cover the grill, and let the meat sear and cook until done to taste, 8 to 12 minutes on each side. Use an instant-read meat thermometer to test for doneness: 125° F for rare, 145° F for medium-rare, and 160° F for medium.
6. Serve the filet mignons while still hot.



ORANGE-CARDAMOM PANCAKES

from *New York Times Cooking*, by Klancy Miller

Ingredients

- 2 cups all-purpose flour
- 2 tbsp granulated sugar
- 2 ½ tsp baking powder
- 2 tsp ground cardamom
- ½ tsp kosher salt
- 1 ½ cup whole milk
- 2 eggs
- 1 tsp orange extract
- 1 tbsp fresh orange zest
- 3 tbsp butter, melted
- Maple syrup for drizzling

Instructions

1. Add the flour, sugar, baking powder, cardamom, and salt to a large bowl and whisk to combine. In a medium bowl, whisk the milk, eggs, orange extract, orange zest, and 3 tbsp melted butter until combined.
2. Pour the wet ingredients into the dry mixture and mix to combine. Using a whisk or handheld mixer, beat until batter is smooth.
3. Heat a large nonstick skillet or griddle over medium heat. Add butter to grease and tilt pan to coat the bottom. Cook the pancakes, using approx. 1/3 cup batter for each. Cook until pancakes are bubbly on top and golden-brown underneath (approx. 1 to 2 minutes), then flip and cook until golden brown (approx. 1 to 2 minutes).
4. Serve with a drizzle of maple syrup and butter as desired.

