



Pittsburg Public Library

Spice Library

January: Cardamom


Spiced Pear Galette

Ingredients:

- 1 store-bought pie crust
- 2 pears (thinly sliced)
- 2 tbsp sugar
- 1/2 tsp ground cardamom (provided)
- 1 tbsp melted butter.

Instructions: Preheat oven to 375°F. Arrange pear slices in the center of the pie crust, sprinkle with sugar and cardamom, and drizzle with melted butter. Fold edges of the crust over, leaving the center exposed. Bake for 25–30 minutes until golden.





January: Cardamom

Cardamom has a history that dates back over 4,000 years!

Origins

The spice originated in the Cardamom Hills of southern India, where it was a culinary staple as early as 3000 BCE. In Sanskrit, cardamom is known as Ela.

Trade Routes

Cardamom traveled along trade routes such as the Silk Road, and was imported to Aden, Yemen, from India and China in 1150. Venice became a major importer of cardamom in medieval times.

Guatemala

In 1914, European colonizers brought cardamom to Guatemala, and by the 1970s, Guatemala became a leading exporter. Today, Guatemala is the world's top producer of cardamom, accounting for two-thirds of global production.

Ancient Use

The Babylonians and Assyrians used cardamom, and the ancient Greeks and Romans considered it a popular spice. The Greeks and Romans also used cardamom in perfumes and ritual oils, and Greek physicians Hippocrates and Dioscorides wrote about its therapeutic properties.

Cost

Cardamom is the third most expensive spice in the world, after saffron and vanilla.

Scandinavia

The Vikings brought cardamom to Scandinavia, where it became an important part of the culture and cuisine. The spice is still a staple in Scandinavian baked goods and desserts today.

What is the Spice Library?

Starting January 2, we'll feature a different spice every month, complete with a recipe (or two!) to inspire your culinary creativity.

Each month, stop by the Library to pick up the Spice of the Month. Along with the spice, you will receive a specially curated recipe that highlights the unique flavors of that spice. Recipes are provided by Heather Horton, chef and owner of TOAST.

The Spice Library is perfect for home cooks, food lovers, or anyone wanting to add a little extra flavor to their meals.

The Spice of the Month will be available at the Patron Services Desk at the Library, with one per family per month, while supplies last. For more information, please call the Pittsburg Public Library at 620-231-8110.

Special thanks to Heather Horton and our friends at TOAST Restaurant!

