

## CARDAMOM SEED GREEN WHOLE 25g



Price: \$8.20

SKU: SKU3616

Product Categories: [Spices](#)

Product Tags: [c](#)

Product Page: <https://www.herbies.com.au/shop/herbs-and-spices/spices/cardamom-seed-green-whole-25g>

### Product Summary

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**Other Common Names:** Cardamom Seed, Cardamom Pods, Green Cardamom. *Botanical Name:* (*Elettaria cardamomum*)

Produce of Guatemala packed in Australia.

**Description & Use:** Commonly referred to as green cardamom because the pods are bright green in colour and not to be confused with brown or large cardamom (*Cardamomum amomum*) mentioned above. Has a sweet eucalyptus like aroma that adds 'fresh' notes to spice mixes. The strong camphor-like flavour earns cardamom a position among the pungent spices and it is therefore used in small quantities. Native to the Western Ghats of India and Sri Lanka. Harvested from wild plants and not cultivated until 1800. Traded heavily by the Greeks in the 4th century B.C. The pods, seeds and ground seeds are used in curries and sweet spice mixes. Compliments vegetable and meat dishes. Traditional in Danish pastry. Cardamom pods are picked before fully ripe (ripe pods tend to split) and kiln dried. Greenest pods fetch the best prices. White cardamom pods (now rarely available) have been bleached with peroxide or sulphur dioxide and are not recommended. Variations in quality are generally due to post harvest drying/handling. Ground pods with seeds (having less flavour) are sometimes passed off as ground cardamom seeds. It is common for those following Asian and Indian cookbooks to confuse green and brown cardamoms. Brown has a distinct 'musty-smokey' flavour and green and brown cardamom are not interchangeable in recipes.

**Nutritional Information: Per 100g**

Energy (kj)

1303

Protein (g)

10.76

Fat (g) Total

6.69

Carbohydrate (g)

68.47

Sugars (g)

0.0

Dietary Fibre (g)

unknown

Cholesterol (mg)

unknown

Sodium (mg)

18.3

Potassium (mg)

unknown

## Product Attributes

- Dimensions: N/A
- Weight: 0.02 kg