

# Cardamom - Elaichi

## Cooking

Cardamom is one of the world's very ancient spices. The pods can be used whole or split when cooked in Indian substantial meals — such as pulses. Otherwise, the seeds can be bruised and fried before adding main ingredients to the pan, or pounded with other spices as required. Keep the pods whole until use.

Cardamom is often included in Indian sweet dishes and drinks. Other uses are; in pickles, especially pickled herring; It flavors custards. Cardamom is also chewed habitually (like nuts) where freely available, as in the East Indies, and in the Indian masticory, betel pan. It is a flavoring for Arab and Turkish coffee which is served with an elaborate ritual.

## Benefits

- Green cardamom is broadly used in South Asia to treat infections in teeth and gum
- Used to prevent and treat throat troubles, congestion of the lungs and pulmonary tuberculosis
- It also is used to break up kidney stones and gall stones
- Helps to control bad breath
- Reduces heartburn and helps digest grains

