

WATER SOLUBLE  
**Cardamom Oil**



THE TASTE OF ENCOUNTER

## WHAT IS IT?



### DESCRIPTION:

**Plant Part:** Elettaria cardamomum pods seed. **Extraction Method:** Steam distillation. **Aromatic Description:** Zesty, scentsy, hardy, warm, balsamic. **Flavor:** Aromatic, slight hint of citrusy ginger, sweet perfumed, pungent. **Main Chemical Components:**  $\alpha$ -Terpinyl acetate, linalyl acetate, 1,8-cineole (eucalyptol).

**PRIMARY BENEFITS:** Offers a distinct flavor and helps to maintain overall gastrointestinal health.

- Soothes the digestive system.
- Promotes clear breathing and enhances respiratory physical functions.

**USES:** Use as part of your daily health regimen to support healthy gastrointestinal functions. For that rich unique twist, use the organic freshly-squeezed Oldfood® Cardamom Oil in your food and beverages as a substitute for perishable cardamoms that are liable to dry up and deteriorate over time.

**TO ENHANCE FLAVORS:** Add to beverages, coffee, tea, cooking dishes, sweets, bread making, smoothies, meats, rice and salads, etc. • Diffuse or inhale for a sense of openness.



[www.oldfood.net](http://www.oldfood.net)  
[info@oldfoodsgp.com](mailto:info@oldfoodsgp.com)

**You've probably tasted cardamom with its unique pungent flavor and aromatic scent. Cardamom Oil is more potent than the ground version, and is the perfect addition to your kitchen's spices.**

By weight, Cardamom is the world's third most expensive spice after saffron and vanilla because it is a very labor-intensive harvesting process. There are many inferior alternatives for cardamom that's similar in appearance but differ in chemical components. However, Oldfood® Cardamom Oil comes from the only plant known as true cardamom, the Elettaria cardamomum.

### CARDAMOM IS A UNIVERSAL CULTURAL PHENOMENON

Cardamom's origins are of course in the East, where the spice is most prevalently used. In the Middle East, Cardamom is mostly used in beverages like Arabic and Turkish coffee as well as in cooking and sweet pastries. Meanwhile, in India Cardamom is a food staple and is used regularly with various aromatic curries and basmati rice.

Sweden is also at the top of the list of countries that consume the most Cardamom. Although it may seem strange and somewhat disconnected from the lands of the east, Cardamom is hugely popular all over Scandinavia. Vikings first encountered Cardamom through their trade routes with the East around one thousand years ago, and brought it back home with them. Today, Scandinavians use Cardamom mainly for sweet breads like cinnamon rolls (Kanelbullar), cookies, and meats like Swedish meatballs.

### COOKING & BEVERAGES WITH CARDAMOM OIL

While you can buy ground Cardamom at your local grocery store, you will likely be missing some of the flavors of the original seed, because the essential oils start to lose their flavor soon after the seeds are ground into powder. Using one drop or less will usually get you the amount of flavor you desire. For beverages, coffee, or tea, milkshake, etc. Just dip the tip of the drink's stirring stick in the Cardamom Oil and swirl it in your beverage.

Cooking with Oldfood® Cardamom Oil is better than with powder, since it also gives you the effective digestive benefits of Cardamom along with the flavor. Besides promoting healthy digestion, Cardamom is also good for soothing the digestive system and slowing bowel looseness, so when you're experiencing occasional stomach discomfort, it can be helpful to add Cardamom to water, coffee, or tea.

As with any oil, it is best to add Cardamom oil directly into any liquid already going into the recipe. This will ensure that the oil gets evenly distributed... Finally, you decide whether to use Cardamom in its essential oil form or in powder form, **but generally, the Cardamom Oil is all you need from the true Cardamom seed of Elettaria cardamomum plant.**

THE TASTE OF ENCOUNTER