

Simple Syrup - Cardamom and Clove

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*1/2 cup sugar
1/2 cup water
10 whole cloves
10 cardamom pods (green
or combination of green and
black)*

In a small pot, combine the sugar and water.

Crush the cloves and cardamom pods with the side of a chef's knife, in a mortar and pestle or with a pulse or two in a clean spice grinder.

Add the crushed spices to the pot.

Bring the liquid to a boil over medium-high heat, stirring until the sugar is dissolved.

Reduce the heat and simmer for 2 minutes.

Let the syrup cool completely before using. You can store it tightly sealed in the fridge for up to a month.

Per Serving (excluding unknown items): 600 Calories; 13g Fat (17.1% calories from fat); 4g Protein; 140g Carbohydrate; 23g Dietary Fiber; 0mg Cholesterol; 165mg Sodium. Exchanges: 2 1/2 Grain(Starch); 2 1/2 Fat; 6 1/2 Other Carbohydrates.