

Fluvanna County Public Library

Spice of the Month Club

Caraway Seed

Flavor Profile: Warm and bittersweet, sharply spicy with a note of dried orange peel and a slight but lingering hint of anise

Caraway has a pungent aroma that, like the flavor, is warm and bittersweet, sharply spicy, with a note of dried orange peel and a slight but lingering hint of anise.

Caraway is one of the world's oldest cultivated spices; caraway is a relative of the carrot family. The seeds of the caraway plant are known to be among the world's first foods! They have been detected in foods dating back to 3000 BCE. Historically, caraway has been valued for both its medicinal and culinary uses. It was used widely in the middle ages in baking breads, cakes and fruits. Folklore tells of caraway's ability to keep a lover from cheating. Similarly, caraway is used to train homing pigeons to return home after a journey.



Caraway is a hardy umbellifer (a family of mostly aromatic flower plants named after the type genus *Apium* and commonly known as the celery, carrot or parsley family) native to Asia and northern central Europe. It is cultivated as a biennial, not only in its regions of origin but also in Morocco, the US, and Canada. The Romans used it with vegetables and fish, medieval cooks as a flavoring for soups and bean or cabbage dishes. In 17th-century England, it was popular in bread, cakes, and baked fruit; coated with sugar the seeds made comfits. Nowadays Holland and Germany are the major producers. The essential oil flavors spirits such as aquavit and Kimmel.

In central Europe, and especially in the Jewish cooking originating there, caraway is used to flavor brown or rye bread, crackers, seedcakes, sausages, cabbage, soups, and stews. It gives many south German and Austrian dishes their characteristic flavor, be it pumpernickel bread or roast pork; it is used in coleslaw and in combination with juniper for sauerkraut. It accompanies Munster cheese in Alsace; the seeds are also used in Gerome, another local cheese, and in pain d'epices.

Caraway is used in the cooking of North Africa, mostly in vegetable dishes and in spice blends, such as Tunisian tabil and harissa. Morocco has a traditional caraway soup – as does Hungary, where caraway also figures prominently in goulash. Mention of caraway in Indian recipes usually stems from a mistranslation of the word for cumin; caraway itself is used only in northern India – it grows wild in the Himalayas. Turkish recipes may cite “black caraway,” which is not true caraway but nigella.

Young leaves, less pungent than the seeds and resembling dill in taste and appearance, are an interesting addition to salads, soups, or fresh white cheese. They make a good garnish for lightly cooked young vegetables and most other dishes for which parsley could be used.

Good with apples, breads, cabbage, duck, goose, noodles, onions, pork, potatoes and other root vegetables, sauerkraut, tomatoes. Combines well with coriander, garlic, juniper, parsley, thyme. Caraway is probably most commonly used in rye breads.

Ellen's Cabbage with Caraway

- 6 cups sliced cabbage
- 2 tablespoon of water
- 1 tablespoon butter
- 4 tsp. kosher or sea salt
- ½ tsp. caraway seeds

1. Place sliced cabbage in a microwave proof dish with water.
2. Microwave on high for five minutes. Drain.
3. Add butter, kosher or sea salt, caraway seeds and blend until butter is melts. Adjust salt, butter and seeds to taste.



From Ellen's (staff member) kitchen.

Easy Classic Rye Bread (Makes 2 round loaves)

- 3 Tablespoons active dry yeast
- ¾ cups warm water
- 2 cups warm milk
- ¼ cup molasses
- 3 Tablespoons melted butter
- 1 Tablespoon salt
- 2 Tablespoons caraway seed
- 4 cups all-purpose flour
- 3-4 cups dark rye flour



1. In a large mixing bowl dissolve the yeast in warm water and then allow the mixture to sit for 3-5 minutes.
2. Add the milk, molasses, butter, salt, caraway seeds and the all-purpose flour.
3. Mix very well until smooth and continue to mix for another 2-3 minutes at this stage (this helps to develop the gluten).
4. Add enough rye flour to make dough easy to handle and stir to incorporate as well as you can.
5. Remove the dough from the bowl and place it on a floured work surface.
6. Knead dough until smooth (about 10 minutes), gradually adding any remaining rye flour.
7. Place the smooth dough in a greased bowl. Turn the dough around until greased side is up.
8. Cover and let rise for 1 hours.
9. Punch down dough and remove it from the bowl onto a lightly floured surface.
10. Divide into two even pieces.
11. Form each piece of dough into round loaves.
12. Place the shaped loaves on a parchment lined baking sheet and let rise until double (about 1 hour).
13. Bake at 425F for 25-30 minutes or until the top is a deep brown.
14. Remove from the oven and allow to cool at least 30 minutes before slicing.

<https://www.blessthismessplease.com/rye-bread-recipe/>

Roasted Radishes with Garlic & Caraway (Russian)

- 1 pound large red radishes (about 24)
- 1 Tablespoon sunflower oil
- ½ tsp. salt
- Freshly ground black pepper
- 2 Tablespoons unsalted butter
- 1 garlic clove, minced
- ½ tsp. caraway seed

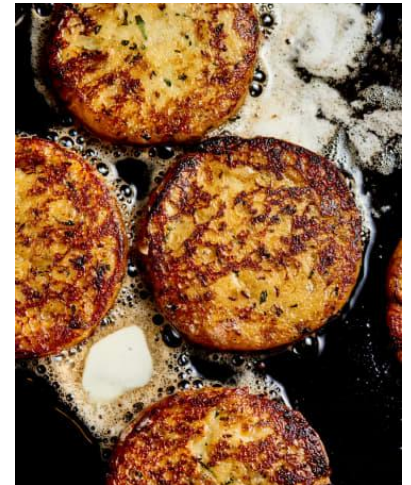


1. Preheat the oven to 450F. Trim the tops and tails of the radishes, then cut them in half vertically. Place them in a 10-inch cast-iron skillet and toss with the oil, salt, and pepper to taste. Roast for 20 minutes, until a knife pierces them easily.
2. While the radishes are roasting, melt the butter in a small skillet over low heat. Stir in the garlic and caraway and cook, stirring, for about 3 minutes, just until the garlic turns golden. Be careful not to let it burn.
3. Pour the butter over the roasted radishes and transfer them to a serving bowl. Serve hot.

<https://food52.com/recipes/82426-darra-goldstein-roasted-radishes-with-garlic-and-caraway-recipe?epik=dj0yJnU9S0QxdG5zTi10S2Zld0RZMEI2bjk2Y2x3eGJJR09yYXkmcD0wJm49dHFHMjYNYWVvQmMyTUZYQm0zMzIRQSZ0PUFBQUFBR09qSXNn>

Potato and Caraway Seed Cakes (Makes 12 3-inch cakes)

- 1 ½ pounds yellow or white potatoes (4-5 large)
- ¼ medium yellow onion
- 2-3 sprigs of fresh parsley
- 3 Tablespoons unsalted butter
- 1 tsp. caraway seeds
- ¾ tsp. kosher salt, plus more for the potatoes
- ¼ tsp. freshly ground black pepper
- 1/3 cup plus 1 Tablespoon all-purpose flour
- 1 ½ Tablespoons unsalted butter, divided



1. Place 1 ½ pounds potatoes in a large saucepan and season heavily with kosher salt. Bring to a boil over medium-high heat, then reduce the heat to maintain a lively simmer and cook until the potatoes are knife tender, about 25 minutes.
2. Meanwhile, finely chop ¼ medium yellow onion (about 1/3 cup). Pick and finely chop the leaves from 2 to 3 fresh parsley sprigs until you have 1 tablespoon. Melt 3 tablespoons of the unsalted butter in a small frying pan over medium heat. Add the onion and cook until softened but not browned, about 2 minutes. Remove the pan from the heat.
3. When the potatoes are ready, drain. Peel while still hot. Pass the potatoes through a ricer or a food mill into a large bowl, or place in the bowl and mash with a potato masher until smooth. Add the parsley, onion, 1 tsp. caraway seeds, ¾ tsp. kosher salt, and ¼ tsp. black pepper, and stir to combine. Add 1/3 cup plus 1 Tablespoon all-purpose flour and stir until combined.

4. Knead the mixture in the bowl a little until smooth. Transfer to a work surface and roll out with a rolling pin until about ½-inch thick. Using a 3-inch round cutter, cut out as many rounds as possible.
5. Gather the scraps together and re-roll and cut more rounds until you have 12 total. Place on a baking sheet and refrigerate for 10-15 minutes to firm up.
6. Melt ½ Tablespoon unsalted butter in a large nonstick frying pan over medium-high heat. Add 4 of the cakes and fry until golden-brown, 2 to 3 minutes per side. Transfer to a plate and repeat frying the remaining cakes in 2 more batches, adding ½ Tablespoon unsalted butter to the pan before each batch.
7. NOTE: Leftovers can be refrigerated in an airtight container for up to 4 days.

https://www.thekitchn.com/potato-and-caraway-seed-cakes-23296365?utm_source=pinterest&utm_medium=social&utm_campaign=managed&epik=dj0yJnU9X2Z4bzhmc2VMaVBGZG1YLV9EMIFxQUJWUFFJeGVGZTImcD0wJm49eVR4VIBMZS1sQ3ICRVMzdTIkbnZvUSZ0PUFBQUFB09qSkIw

Irish Soda Bread with Caraway Seeds

- 3 ½ cups all-purpose flour
- 1/3 cup granulated sugar
- 2 tsp. caraway seeds
- 1 tsp. salt
- 1 tsp. baking soda
- 4 Tablespoons cool butter, cut into 8 pieces
- 1 ½ cups buttermilk, plus more as needed



1. Preheat oven to 400F. Line a rimmed baking sheet with parchment paper.
2. Whisk together 3 ½ cup flour, 1/3 cup sugar, 2 tsp. caraway seeds, 1 tsp. salt, and 1 tsp. baking soda in a large bowl. Cut in 4 tablespoons butter with either your fingers or a pastry cutter until no large pieces remain. If you use your fingers, work the butter into the flour in a snapping motion.
3. Add 1 ½ cups buttermilk. Gently stir until all the buttermilk is absorbed.
4. Dust the counter lightly with flour and turn the dough out onto the counter. Knead until a dough forms. If the dough seems dry, add a tablespoon more buttermilk.
5. Place dough on baking sheet. Cut a cross, about 1-inch deep, into dough with a sharp knife. This helps the loaf to bake evenly.
6. Bake until a skewer inserted into the middle of the loaf comes out clean, about 45 minutes. If the loaf browns too quickly before the center is done, cover the loaf with foil and bake until the center is done.
7. Remove pan from oven. Allow loaf to cool on the pan for 10 minutes before transferring to a wire rack to cool for an additional 15 minutes or so. Serve warm or at room temperature.

<https://cookfasteatwell.com/easy-irish-soda-bread-with-caraway-seeds/>

Caraway Seed Pork Chops

- 1 tablespoons caraway seed
- 1 tablespoons garlic powder
- ½ tablespoons celery seed
- 1 ½ lbs. pork chops (3 chops, bone out)



- 2 tablespoons oil (or as needed)
1. In a bowl large enough to hold a single pork chop, mix your herbs together until well blended.
 2. Working with one pork chop at a time, press the chops into the herbs to coat each side of the chop evenly with the herbs.
 3. Warm the oil in a large skillet and cook the pork chops until completely cooked through.

<https://www.thegraciouspantry.com/clean-eating-caraway-seed-pork-chops-recipe/>

Quick Sauerkraut (Makes 3 cups)

- 1 head cabbage, thinly sliced
- 1 onion, halved and thinly sliced
- 1 ¼ cups apple cider vinegar
- 1/3 cup apple cider
- 1 tablespoon crushed toasted caraway seeds
- 2 tablespoons kosher salt



Mix all ingredients together in a microwave safe bowl. Cover with a large piece of plastic wrap and seal edges. Microwave on high, 4 to 6 minutes. Let sit, still covered, until cabbage has absorbed its brine and bowl is cool to the touch, about 15 minutes. Makes great sandwiches.

https://www.myrecipes.com/recipe/quick-sauerkraut?utm_source=pinterest.com&utm_medium=social&utm_campaign=myrecipes_myrecipes_310173_5&utm_content=verticalimage_sidedish&utm_term=QuickandEasyDinners_202201

Hungarian Goulash Soup (Serves 6)

- 3 tablespoons olive oil
- 1 onion, chopped
- 1 ½ tsp. caraway seeds
- 1 lb. beef (shoulder, fat trimmed, but into 1 ½-inch pieces)
- 3 tablespoons Hungarian sweet paprika
- 10 cups canned beef broth
- 12 oz. russet potatoes, peeled, cut into 1-inch pieces
- 1 parsnip, peeled, chopped
- 1 carrot, peeled, chopped
- 3 garlic cloves, minced
- 2 tomatoes, chopped
- 1 celery stalk, chopped
- 1 green bell pepper, cut into matchstick-size strips
- ½ cup fresh parsley, chopped
- 6 tablespoons sour cream



1. Heat oil in heavy large pot over medium heat. Add onion and caraway seeds and sauté until onion begins to soften, about 8 minutes. Add beef and paprika; sauté until meat is brown on all sides, about 15 minutes.

Add broth. Bring to boil, scraping up browned bits at bottom of pot. Reduce heat to low; simmer until meat is just tender, about 40 minutes.

2. Stir potato, parsnip, carrot, and garlic into soup. Simmer until vegetables are tender, about 15 minutes. Stir in tomatoes, celery, and bell pepper. Simmer until vegetables and meat are very tender, about 16 minutes longer. Cool slightly.
3. Transfer 3 ½ cups soup to blender. Blend until smooth. Add the soup in pot. Stir in parsley. Season soup to taste with salt and pepper.
4. NOTE: Can be made 2 days ahead. Cool slightly; chill uncovered until cold, then cover and refrigerate. Bring to simmer before serving.
5. Ladle soup into 6 bowls. Top each with 1 tablespoon sour cream.

<https://www.epicurious.com/recipes/food/views/hungarian-goulash-soup-106194>

Roasted Cauliflower with Whole Spices (Vegan)

- 1 large head cauliflower, cut into small florets
- 3 tablespoons olive oil, or enough to coat well
- 6-8 cloves garlic, rough chopped
- 1 tablespoon coriander seeds, whole if possible (or use ground)
- 1 tsp. caraway seeds (or sub more cumin seeds)
- 1 tsp. cumin seeds, (or ground cumin)
- ¾ tsp. salt
- ½ tsp. pepper
- ¼-1/2 tsp. chili flakes
- Zest of one lemon
- ½ cup chopped flat-leaf parsley

1. Preheat oven to 425F.
2. Trim leaves off the cauliflower, and cut it into small 1-inch florets.
3. Place in a bowl and toss with the olive oil. Add the garlic, coriander seeds, cumin seeds, caraway seeds, salt, pepper, chili flakes, lemon zest. Toss to coat well.
4. Place on a parchment-lined baking sheet and roast in the middle rack of the oven for 20-25 minutes, tossing halfway through, until fork tender and edges are lightly crispy. NOTE: Depending on the size that you cut them this may need more or less time.
5. Place in a serving dish making sure to get all the seeds from the tray and toss with the fresh chopped Italian parsley right before serving. Taste for salt, add more if needed.
6. TIP: If you cauliflower is cut too big, your garlic may burn, so cut it into small florets (or for larger florets, cook at 400F for 30 minutes).



<https://www.feastingathome.com/coriander-cauliflower-with-garlic-lemon-and-caraway/>

German Onion and Bacon Pie (Zwiebelkuchen) 6 servings

- 1 crust - refrigerated Pillsbury Pie Crusts
- 2 tablespoons butter
- 2 ¼ pounds yellow onions, finely diced
- 5 slices thick cut bacon, finely chopped



- 1 ½ cups full fat sour cream
- 4 large eggs
- 2 tablespoons all-purpose flour
- 2 tsp. salt
- 1 tsp. caraway seeds plus more for sprinkling

1. Gather up the ingredients. Grease a 9-inch springform. Preheat the oven to 400F.
2. In a Dutch oven or heavy skillet over medium-high heat fry the bacon until crispy.
3. Add the onions and butter and cook them for about 25-30 minutes until light golden brown. Remove from heat and let the mixture cool.
4. Combine all remaining filling ingredients in a medium bowl and stir well to combine.
5. On a lightly floured surface, gently roll out one of the refrigerated pie crusts just enough to extend it by an inch or so in diameter. Lay the pie crust into the springform, lightly pressing it to the bottom and sides, leaving about an inch border from the top of the pan.
6. Add the onion mixture to the filling mixture and stir until combined. Pour the filling into the springform and sprinkle a few caraway seeds on top.
7. Bake for 50-55 minutes or until the Zwiebelkuchen is golden brown on top and the filling is firm when pressed in the center. Best served warm. Also excellent reheated the next day.

<https://www.tablespoon.com/recipes/german-onion-and-bacon-pie-zwiebelkuchen/2af3f7b4-232d-4ca8-944a-5843996e0271?nicam4=socialmedia&nichn4=pinterest&niseg4=tablespoon&nicreatid4=post&crlt.pid=camp.g ra0sw3hlvop>

Irish Caraway Crisps

- 2 cups sifted all-purpose flour
- 1 tsp. baking powder
- ¼ tsp. baking soda
- ¼ tsp. salt
- ½ cup unsalted butter
- 1 cup sugar
- 1 large egg
- 1 tablespoon caraway seeds

1. Preheat oven to 375F.
2. Sift flour, baking powder, baking soda and salt into a small bowl. Set aside.
3. Place butter in bowl of an electric stand mixture and beat until soft enough to mix with sugar. Add sugar and beat well. Add egg and beat until incorporated. Gradually add dry ingredients; mix well.
4. Turn mixture onto a lightly flour work surface. Add caraway seeds and knead just until incorporated.
5. Wrap dough in plastic wrap. Place in freezer for 15 minutes. Transfer to refrigerator and let chill for 1 hours, or until mixture is firm enough to roll.
6. Lightly flour a work surface. Working with 1/3 of dough at a time, roll dough to 1/16 or 1/8-inch thickness. Cut with a 3-inch round cookie cutter; use a thin spatula to transfer cookies to an ungreased cookie sheet spacing them ½-inch apart. Scraps can be re-rolled and cut.



7. Bake 13 to 15 minutes, or until cookies are lightly brown all over. Rotate pans in oven. Transfer cookies to a cooling rack. Store airtight. Yield 30 to 36 cookies.

<http://oneperfectbite.blogspot.com/2009/04/irish-caraway-crisps.html#.Uw0S8mi9KSM>

Surti Butter (Batasa) India

Surti Butter or Batasa or Jeera butter biscuit are a popular tea time snack sold in most bakeries or Irani tea houses in India. These are small, crisp, dried bread buns (or savoury cookies) with a light texture. The rich cookies are a great accompaniment to Indian masala Chai or go well with soups. Rehydrated with water they are also a great substitute for Dahi vada.

- 5 tsp. instant yeast
- 1 tsp. sugar
- 4 cups all-purpose flour
- About 1 cup lukewarm water
- 1 tsp. salt
- 2 tsp. cumin seeds
- 2 tsp. caraway seeds
- 1 ¼ cups butter



1. Take ½ cup lukewarm water and add the sugar and yeast. Leave it in a warm place for 5-7 minutes until it is frothy.
2. Take all the remaining ingredients in a large bowl and mix well. Knead adding the yeast and the remaining water to make a soft dough. Knead well for a few minutes until the dough is nice and light.
3. Place it in a greased bowl covered with a cling film and set aside in a warm place to rise for 1 hour. This takes longer during the winter.
4. Knock down the risen dough lightly. Make lemon sized roundels. Place them in a baking tray lined with parchment paper. Allow them to rise for 1 hour.
5. Preheat the oven to 400F. When the balls have risen sufficiently, place them in the hot oven and bake for 15-20 minutes. Then reduce the temperature to 250F and continue to bake for another 30-40 minutes or until crisp. This time may change depending on your oven or the size of the cookies.
6. Cool completely on a wire rack and store in an airtight jar for up to 3 weeks. Yields about 30 cookies.

<https://www.shobhasfoodmazaa.com/2016/11/surti-butter-batasa.html>

Library Resources

Essential Spices and Herbs by Christina Nichol – 641.6383 NIC

Milk Street: The New Rules by Christopher Kimball – 641.523 KIM

Spiced by America's Test Kitchen – 641.6383 AME

Vegan Africa – by Marie Dacouchia – 641.5636 KAC

Vegetable Literacy by Deborah Madison – 641.65 MAD

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