

Caraway, *Carum carvi*

Tips for Using Caraway:

- Whole seeds will last longer than ground seeds.
- Caraway is used to help balance rich flavorful dishes.
- Used in blends such as garam masala, tandoori, satay and harissa paste spices.
- Combines well with a variety of spices, including allspice, cardamom, cinnamon, coriander seed, cumin, fennel seed, ginger, paprika and turmeric.
- The seeds are in rye bread and cheese.
- Pairs well with cabbage-based dishes, sausage, pork and apples.
- Add caraway seeds to buttered noodles for a simple quick dish
- Toast caraway seeds in a dry skillet over medium heat until fragrant, stirring frequently to prevent burning.

Beer and Caraway Mustard

About $\frac{1}{4}$ cup plus 3 tablespoons (2 $\frac{1}{2}$ ounces)
brown mustard seeds
About $\frac{3}{4}$ cup (2 $\frac{1}{2}$ ounces) mustard powder
1 tablespoon toasted and crushed caraway
seeds

$\frac{1}{2}$ cup water
 $\frac{3}{4}$ cup flat beer, preferably stout or a dark ale
1 $\frac{1}{2}$ teaspoons kosher salt
2 $\frac{1}{2}$ tablespoons dark brown sugar
1 teaspoon Worcestershire sauce

Soak the mustard seeds: place the mustard seeds, powder and crushed caraway seeds in a medium glass or ceramic bowl along with the water and beer. Set aside, covered (but not sealed airtight) for 24 hours.

Place the mixture in a food processor along with the salt, sugar, and Worcestershire sauce. Process for 1 to 2 minutes until the seeds are coarsely ground. This makes about 1 $\frac{2}{3}$ cup mustard.

The mustard will be very pungent at first. Cover and refrigerate for at least one week before using, to allow the flavors to mellow and marry.

Noelle Carter of the L.A. Times
The Splendid Table



Caraway Cookies

These cookies are from a recipe that dates all the way back to the time King Arthur was founded, more than two centuries ago. Called "Desart Cakes" back in 1790, they're nicely crisp, lightly sweet, and flavorful from the caraway seeds, which are considered a dessert spice in many older baking recipe

2 ¼ cup King Arthur Unbleached All-Purpose Flour
2/3 cup granulated sugar
1 tablespoon caraway seeds
½ teaspoon table salt
1 scant cup heavy cream
½ teaspoon vanilla extract

Preheat the oven to 350°F. Line two baking sheets with parchment.

To make the dough: In a large mixing bowl, or your mixer fitted with a paddle, whisk together the dry ingredients. Add half of the cream, incorporating it completely before adding any more. The dough should start to hold together in a shaggy mass damp enough to be gently squeezed into an elastic, cohesive ball. It should be wet enough to hold together easily without bits crumbling off, but not so sticky that it adheres to your hands. Cover and let the dough rest for 10 minutes.

Divide the dough in half. Lightly flour your work surface and rolling pin. Roll the dough 1/8" thick, dusting all surfaces with flour as needed. Cut the cookies with a 2 ½ " cutter and transfer them to the prepared baking sheet.

Bake the cookies for 10 to 14 minutes, until they're a light golden brown on the edges. Remove them from the oven, and cool on the pan for 5 minutes before transferring to a rack to cool completely. Store cooled cookies, well-wrapped, at room temperature for several days; freeze for longer storage. Yield 3 ½ dozen

Alyssa Connell and Marissa Nicosia
Kingarthurbaking.com

Garam Masala

3 tablespoons black peppercorns	1 (1-inch) stick cinnamon, broken
3 tablespoons whole coriander	1 tablespoon cardamom seeds
2½ tablespoons dark caraway seeds	1 tablespoon whole cloves

Grind all ingredients in a coffee grinder to a powder. Store in a tightly covered container. This blend is good for seasoning vegetables, stews, and potatoes. It is also wonderful in tomato soup. Yields ¾ cup.

Mary Rimmel Wohlleb, HSA Arkansas Unit
The Herb Society of America's Essential Guide to Growing and Cooking with Herbs

Beef Tenderloin Tips with Caraway and Marjoram

1½ pounds beef tips	3 tablespoons paprika
¾ cup chopped onion	4 tablespoons catsup
¼ cup butter	1¼ teaspoon salt
1½ teaspoon caraway seed	6 hot boiled potatoes
1 tablespoon fresh marjoram	3 hard-boiled eggs, sliced
2 cloves garlic, minced	Fresh parsley for garnish
2 cups water	

Sauté onion in butter; add beef, caraway, marjoram, garlic, salt, and 2 cups water. Bring to a boil, cover, and simmer 1 hour or until meat is tender. Combine paprika, catsup and 2 tablespoons water. Add to meat and simmer another 10 minutes. Serve in a casserole with whole boiled potatoes and egg slices, garnished with chopped fresh parsley.

Virginia Chaney, HSA Central Ohio Unit
The Herb Society of America's Essential Guide to Growing and Cooking with Herbs

Lemon Caraway Cake

1½ cups butter	2 teaspoons caraway seeds
1 cup brown sugar	Juice of 2 large lemons
3 eggs, separated	Zest from 2 lemons
2 cups all-purpose flour	3 cups confectioners' sugar
2 teaspoons baking soda	

Preheat oven to 350°F.

Line the bottom of an 8-inch round cake pan with waxed or parchment paper. Grease the paper and the sides of the pan. In a bowl, cream together ¾ cup butter, brown sugar, and zest from 1 lemon. Beat in egg yolks, then stir in flour, soda, caraway seeds, and 3 tablespoons lemon juice. Beat egg whites until stiff; fold into the batter.

Bake for 1 hour. Turn out of pan and onto wire rack. Cool for 1 hour.

Cream remaining butter, zest from 1 lemon, and remaining lemon juice. Gradually add the confectioners' sugar. Spread on the cooled cake. Best eaten the next day.

Eleanor Davis, Western Pennsylvania Unit
The Herb Society of America's Essential Guide to Growing and Cooking with Herbs

**Do you have a recipe using caraway to share?
Please send it to educator@herbsociety.org**