

Recipes



Poppy seed *Papaver somniferum*

Tips

- Grind into a paste or use poppy seeds whole
- May be added to sweet or savory pastries and breads
- Compliments savory foods such as salad dressings and cheeses
- Poppy seeds are high in calcium and magnesium
- Poppy seeds are a good source of iron and vitamin E
- Poppy seeds have no narcotic effects
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Bird's Eye Boursin

8 ounces cream cheese, softened
8 ounces sour cream
2 green onions, finely minced
1 garlic clove, minced
1 tablespoon fresh thyme

2 teaspoons chopped fresh Italian parsley
2 teaspoons poppy seeds
1 bird's eye pepper, seeded and minced
Salt to taste

In a bowl or food processor, thoroughly mix all ingredients. Refrigerate until ready to serve to increase firmness and blend the flavors. Put in a pretty crock, or shape on a platter.

Makes a good substitute for butter or mayonnaise on a sandwich and is especially good with a ripe summer tomato.

Henrietta McWillie, HSA Member at large, Southwest District
The Herb Society of America's Essential Guide to Growing and Cooking with Herbs

Poppy Seed Bars

For the Filling:

1 ½ cups poppy seeds	¾ teaspoon ground nutmeg
2 oz. (½ cup) blanched, sliced, and toasted almonds	2/3 cup milk
1 tablespoon finely grated lemon zest	4 teaspoon fresh lemon juice
1 cup sugar	2 oz. (¼ cup) unsalted butter

For the Base:

9 oz. (2 cups) unbleached all-purpose flour	2 oz. (½ cup) blanched, sliced, and toasted almonds
4 oz. (1 cup) confectioners' sugar; more for dusting	8 oz. (1 cup) cold unsalted butter; more for the pan
2 teaspoons baking powder	1 large egg

Make the filling:

Combine the poppy seeds, almonds, and lemon zest in a food processor and pulse until fine. Transfer the mixture to a saucepan and add the remaining ingredients. Cook over medium heat, stirring often, until the mixture boils and thickens to a syrup, about 10 minutes. Remove from the heat and let cool.

Make the base and topping:

Position a rack in the center of the oven and heat the oven to 350°F. Butter a 9×13-inch pan. In a food processor, combine the flour, confectioners' sugar, baking powder, and almonds. Pulse to blend. Cut the butter into 1-inch pieces and drop them on top of the flour mixture. Pulse again until the butter pieces are the size of peas. With the machine running, add the egg through the feed tube. Pulse until the dough forms a ball. If the blade lifts up, remove the dough and finish mixing by hand.

Assemble and bake:

Pat half of the dough into the prepared pan, flouring your hands if the dough sticks to them. Pour the cooled filling over the base. Crumble the remaining dough over the filling to create a topping. Bake until the topping is browned, 50 to 60 minutes. Let cool, cut into bars, and, if you like, dust them with confectioners' sugar. Yields about 48 bars.

Patricia Heyman
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Poppy Seed Dressing

This sweet, mustardy salad dressing is from JBF member Marcia M. Kelly's book Heavenly Feasts, a collection of recipes from monasteries and retreat centers she visited in the United States. Drizzle over a spinach salad topped with smoky, grilled chicken or toss with simple mixed greens.

½ cup olive oil
2/3 cup honey
½ cup balsamic vinegar
4 tablespoons poppy seeds
2 tablespoons minced onion or shallot
2 tablespoon Dijon mustard
1 teaspoon salt

Combine all ingredients in a blender. Process on low speed for 30 seconds.

Cover and chill. Stir well before serving.
Yields 3 cups.

Marcia Kelley
Jamesbeard.org

Do you have any recipes using poppy seed to share?

Contact educator@herbsociety.org