

# Recipes



## Caraway *Carum carvi*

### Tips for Use:

- Use caraway seeds whole or ground. The ground is more potent than the whole so use a scant  $\frac{3}{4}$  teaspoon of ground caraway vs. 1 teaspoon of whole seed.
- Toast whole caraway seeds in a dry skillet over medium - high heat until fragrant, usually 2-3 minutes.
- Add to coleslaw, potato salad, cabbage recipes and tomato-based sauces and soup.
- Use in rye, Irish soda, and fruit breads.
- To enhance the flavor of baked apples and roasted potatoes or sweet potatoes, sprinkle caraway seeds on top.
- Caraway is often included in seasoning blends for roast pork and pork chops.
- Store in a cool, dry place away from direct sunlight for up to 6 months. Ground caraway has a shorter shelf-life than whole.

### Beef Tenderloin Tips with Caraway and Marjoram

1-1/2 pounds beef tips

3/4 cup chopped onion

1/4 cup butter

1-1/2 teaspoon caraway seed

1 tablespoon fresh marjoram

2 cloves garlic, minced

2 cups water

3 tablespoons paprika

4 tablespoons catsup

1-1/4 tsp salt

6 hot boiled potatoes

3 hardboiled eggs,

Fresh parsley, sliced for garnish

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*

## Garam Masala

|                                    |                                   |
|------------------------------------|-----------------------------------|
| 3 tablespoons black peppercorns    | 1 (1-inch) stick cinnamon, broken |
| 3 tablespoons whole coriander      | 1 tablespoon cardamom seeds       |
| 2 ½ 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 Arkansa Unit  
*The Herb Society of America's Essential Guide to Growing and Cooking with Herbs*

## Lemon Caraway Cake

|                          |                             |
|--------------------------|-----------------------------|
| 1 ½ 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 confectioner's 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 the 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 confectioner's sugar. Spread on cooled cake. Best eaten the next day.

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

## 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 crisp, lightly sweet, and flavorful from the caraway seeds, which are considered a dessert spice by many older bakers. Our thanks to Alyssa Connell and Marissa Nicosia from Cooking in the Archives for their discovery and update of this historic treat.”*

2 ¼ cups King Arthur Unbleached All-Purpose Flour  
2/3 cup granulated sugar  
1 tablespoon caraway seeds  
½ teaspoon salt  
1 scant cup heavy cream  
½ teaspoon King Arthur Pure Vanilla Extract

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

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

**Do you have a recipe using caraway to share?**  
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