

# CARAWAY

Caraway is a biennial plant native to western Asia, Europe, and North Africa. The fruits, usually used whole, have a pungent, anise-like flavor and aroma. Caraway is used as a spice in breads, especially rye



bread. In the United States, the most common use of caraway is whole as an addition to rye bread – often called seeded rye, where the recipe itself owes to East Slavic coriander and caraway flavoured rye bread. Caraway fruits are frequently used in Irish soda bread, along with raisins and currants.

Caraway is also used in desserts, liquors, casseroles, and other foods. Its leaves can be added to salads, stews, and soups, and are sometimes consumed as herbs, either raw, dried, or cooked, similar to parsley. The root is consumed as a winter root vegetable in some places, similar to parsnips.

Caraway fruits are found in diverse European cuisines and dishes, for example sauerkraut, and caraway seed cake. In Austrian cuisine it is used to season beef and, in German cuisine, pork. In Hungarian cuisine it is added to goulash, and in Norwegian cuisine and Swedish cuisine it is used for making caraway black bread. In Hungary and Serbia, caraway is commonly sprinkled over home-made salty scones. It is also used to add flavor to cheeses such as bondost, pultost, havarti, and Tilsit. In Middle Eastern cuisine, caraway pudding, called meghli, is a popular dessert during Ramadan. Caraway is also added to flavor harissa, a North African chili pepper paste.

## BRAISED CABBAGE WITH APPLE AND CARAWAY SEEDS



*20 cook time — 4 servings*

### INGREDIENTS

- 2 tablespoons butter or vegetable oil
  - 1 cup coarsely sliced onion
  - 1 teaspoon minced garlic
  - 1 small head firm cabbage, coarsely shredded, about 5 cups
  - 1 medium-size apple, peeled, cored and cut in thin slices
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- 1 tablespoon white vinegar
  - 1 teaspoon caraway seeds
  - ½ cup fresh or canned chicken broth
  - Salt and freshly ground white pepper to taste

### INSTRUCTIONS

1. Melt the butter in a skillet and add the onion and garlic. Cook, stirring, until wilted. Do not brown.
2. Add the cabbage, apple, vinegar, caraway seeds, chicken broth, salt and pepper.
3. Bring to a boil, stir, cover and simmer for 15 minutes. Uncover and if there is too much liquid, reduce it accordingly.

# CARAWAY CHICKEN & VEGETABLE STEW

*Cook Time: 1 hr 25 min  
— 6 servings*



## INGREDIENTS

- 3 lbs chicken thighs or bone-in breasts, skinned
- 3 3/4 cups water
- 2 tsps. Instant chick bouillon granules
- 1 tsp salt
- 1 tsp caraway seeds, crushed
- 1/4 tsp ground black pepper
- 8 oz fresh green beans, trimmed & cut into 2 in. pieces
- 2 medium carrots, cut into 3/4 in. chunks

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- 2 stalks celery, bias cut into 1/2 in. thick slices
- 2 cups sliced fresh shiitake, crimini, oyster or button mushrooms
- 1 cup pearl onions, peeled
- 1/4 cup cold water
- 1/4 cup all-purpose flour

## INSTRUCTIONS

1. In a 4-quart Dutch oven, combine chicken, 3 3/4 cups water, bouillon granules, salt, caraway seeds and pepper. Bring to a boil; reduce heat. Cover and simmer for 40 minutes.
2. Stir in green beans, carrots, celery, mushrooms and onions. Return to boiling; reduce heat. Cover and simmer about 10 minutes or until chicken is tender.
3. Remove chicken pieces from the stew; set aside to cool slightly. When cool enough to handle, remove meat from bones; discard bones. Cut up the meat; add to vegetable mixture in pot.

## INSTRUCTIONS (continued)

4. Combine 1/4 cup cold water and flour in a small bowl; whisk until smooth. Add to stew. Cook and stir until thickened and bubbly. Cook and stir for 1 minute more.

# ENGLISH CARAWAY CAKE

*10 servings*



## INGREDIENTS

- 1 tbsp butter, softened
- 1/2 cup butter, softened
- 2 1/2 cups all-purpose flour
- 1 tsp baking powder
- Salt to taste
- 3/4 cup white sugar
- 1 tbsp caraway seed

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- 1 egg
  - 1/2 cup milk

## INSTRUCTIONS

1. Preheat oven to 350 degrees F ( 175 degrees C). Grease and flour the bottom and sides of an 8 inch round cake pan with 1 tablespoon softened butter or margarine.
2. Sift together flour, salt, and baking powder.
3. Cream 1/2 cup butter or margarine and sugar together. Mix in caraway seeds and egg. Add flour mixture and milk, beating well. Pour batter into prepared cake pan.
4. Bake for about 45 minutes, or until a knife inserted into the center comes out clean. Cool.

*\*Note: Batter will be very thick, so you may need to use a spatula to spoon the batter into the cake pan.*