

# FYI...



Caraway seeds come from a plant called *Carum carvi*, which is a member of the parsley family. Originally cultivated in the Mediterranean region, including modern-day Turkey, Egypt, and Greece, it was introduced to Europe during the Middle Ages. The seeds were used to flavour cheeses, breads, cakes, and other baked goods. They were also used to flavor liqueurs and spirits.

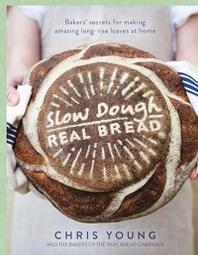
Caraway has an interesting history in folklore. In German folklore, parents placed a dish of caraway seeds beneath their children's beds to protect them from witches!

Today, caraway seeds are still used in a variety of dishes around the world. They are a key ingredient in many traditional European dishes, such as German sauerkraut and Hungarian goulash. They are also used in Indian cuisine, where they are added to curries and chutneys. The caraway flavor profile is bittersweet, with hints of anise and citrus. The flavor of caraway seeds pairs well with chives, thyme, cumin, parsley, and dill.

In addition to their culinary uses, caraway seeds are still valued for their medicinal properties. They are believed to aid in digestion, and even to help regulate menstrual cycles. With a long and storied history, it's clear that caraway seeds will continue to be an important spice for years to come!

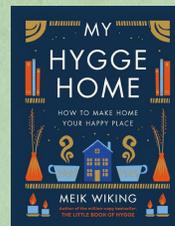


## BOOK RECOMMENDATIONS



**Slow Dough: Real Bread Baker's Secrets for Making Amazing Long-rise Loaves At Home** by Chris Young

**My Hygge Home: How to Make Home Your Happy Place** by Meik Wiking



**Small Things Like These** by Claire Keegan



Many thanks to BulkBarn for their support and assistance!

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## SPICE OF THE MONTH CLUB



March 2024  
Spice of the Month:

**CARAWAY SEEDS**



## KIELBASA & CABBAGE

### Ingredients

- 6 slices bacon
- 1 onion, chopped
- ¼ cup water
- 2 tablespoons white sugar, or to taste
- 3 teaspoons caraway seed
- 2 teaspoons minced garlic
- ¼ teaspoon crushed red pepper flakes
- ¼ teaspoon seasoning salt
- 1 large head cabbage, cut into small wedges
- 1 pound Polish kielbasa



### Directions

- Fry bacon in a large skillet over medium-high heat until browned, turning once. Remove bacon from pan, reserving drippings, and place on paper towels.
- Stir onions, water, sugar, caraway seeds, garlic, red pepper flakes, and seasoned salt into drippings. Add cabbage and gently stir. Cover and cook over medium heat for 10 to 15 minutes.
- Add kielbasa to the pan. Cook, covered, for an additional 10 to 15 minutes. Crumble bacon over top and serve hot.



## IRISH SODA BREAD WITH CARAWAY SEEDS

### Ingredients

- ½ cup white sugar
- 4 cups all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- ¾ teaspoon salt
- 3 cups raisins
- 1 tablespoon caraway seeds
- 2 large eggs, lightly beaten
- 1 ¼ cups buttermilk
- 1 cup sour cream



### Directions

- Preheat the oven to 350 degrees F (175 degrees C).
- Grease a 9-inch round cast iron skillet or a 9-inch round baking or cake pan.
- Combine flour (reserving 1 tablespoon), sugar, baking powder, baking soda, salt, raisins and caraway seeds in a large bowl.
- Blend eggs, buttermilk and sour cream together in a small bowl; stir into flour mixture until flour is just moistened. Knead dough in bowl about 10 to 12 strokes. Dough will be sticky. Place the dough in the prepared skillet or pan and pat down. Cut a 4x¾ inch deep slit in the top of the bread. Dust with reserved flour.
- Bake in the preheated oven for 65 to 75 minutes. Let cool and turn bread onto a wire rack.



## CARAWAY & LEMON CAKE

### Ingredients

- 120g butter softened (1/2 cup)
- 120g caster sugar (2/3 cup)
- 3 large free range eggs
- 1/2 tsp vanilla paste
- 1/4 tsp lemon extract
- 1 heaped tsp caraway seeds
- finely grated zest of one lemon
- 170g self-raising flour (scant 1 1/4 cups)
- 60g ground almonds (3/4 cup)
- 2 TBS whole milk



### Directions

- Preheat the oven to 330 degrees F (170 degrees C). Butter a 9 X 4 inch loaf tin and line with parchment paper, buttering the paper as well.
- Rub the lemon zest into the sugar until very fragrant. Cream the butter in a bowl along with the lemon sugar until light and fluffy. Beat in the vanilla and then eggs, one at a time. Stir in the caraway seeds. Sift the flour over top and then add the ground almonds, folding all together well. Stir in the milk. Spoon into the prepared loaf tin.
- Bake in the preheated oven for 50 minutes. It should be well risen and golden brown. A toothpick inserted in the centre should come out clean. Let sit in the pan for 10 minutes then turn out onto a rack to cool completely.
- Store in an airtight container.

**Try these recipes, or get creative!  
Have fun in the kitchen!**

Please email photos of your recipes to  
tholm@gppl.ca.