January 2021

Join us to discuss!

1/26 @ 6:30pm online

Spend the month cooking with your spice and join us on Zoom on the last Tuesday of the month to discuss your opinions, experiences, and love (or hate!).

Join the discussion: http://bit.ly/KPLSpiceClub

This month's spice: CARAWAY!

History

The seeds of the caraway plant are known to be among the world's first foods! They have been detected in foods dating back to 3000 BCE. Historically, caraway has been valued for both its medicinal and culinary uses. It was used widely in the middle ages in baking breads, cakes, and fruits.

Folklore tells of caraway's ability to keep a lover from cheating. Similarly, caraway is used to train homing pigeons to return home after a journey.

Caraway is grown in all temperate climates, but is indigenous to Europe, Western Asia, India, and North Africa.

Use

Caraway is often used in pork dishes, cheeses, breads, and in spice blends like garam masala and harissa paste.

Caraway has fresh anise and fennel notes that balance well with hearty cheeses and cored fruits like apples and pears.

Caraway is probably most commonly used in rye breads.

source: The Spice & Herb Bible (Third Edition) by Ian & Kate Hemphill

Caraway Seed Cake

Hugely popular in Britain during the Victorian era, recipes for this cake date as far back as the 16th century. This light loaf resembles a simple pound cake enhanced by anise-like caraway and zesty lemon.

Makes 1 loaf cake

Preparation time:
10 minutes

Cooking time:
40 minutes

Tips

If you can't find self-rising flour in stores, you can make your own. To equal 1 cup (250 mL) self-rising flour, combine 1 cup (250 mL) all-purpose flour, 1½ tsp (7 mL) baking powder and ½ tsp (2 mL) salt.

This cake will last up to 3 months in the freezer. To freeze, cool completely, then wrap tightly in plastic wrap. Defrost at room temperature and serve.

- **9- by 5-inch (23 by 12.5 cm) loaf pan, greased and lined with parchment paper**
- **Preheat oven to 350°F (180°C)**

¾ cup	butter, softened	175 mL
¾ cup	granulated sugar	175 mL
3	eggs, lightly beaten	3
2 cups	self-rising flour (see Tips, left)	500 mL
1½ tbsp	caraway seeds	22 mL
1 tsp	freshly grated lemon zest	5 mL
3 tbsp	milk	45 mL
2 tsp	granulated sugar	10 mL

1. In the bowl of an electric mixer at low speed, beat butter and ¾ cup (175 mL) sugar until light and creamy. Add eggs one at a time, beating between each addition. Add flour, caraway seeds, lemon zest and milk and mix until smooth.
2. Pour into prepared loaf pan and sprinkle evenly with 2 tsp (10 mL) sugar. Transfer to preheated oven and bake for 40 minutes or until golden and a tester inserted in the center of the cake comes out clean. Let cool in pan on a wire rack for 10 minutes, then invert cake onto rack to cool completely.

source: The Spice & Herb Bible (Third Edition) by Ian & Kate Hemphill

Three-Cabbage Coleslaw

The perfect salad for a barbecue, this coleslaw can also be made with a mixture of vegetables (or fruits) such as fennel, carrot or apple. Serve with Pork Belly with Pomegranate Molasses (page 525).

Makes 6 servings

Preparation time: 10 minutes

Cooking time: none

Tip

Use a sharp knife, not a food processor, to slice the cabbage. If the pieces are too thin, the coleslaw may become watery.

1 cup	white cabbage, sliced 1/4 inch thick	250 mL
1 cup	red cabbage, sliced 1/4 inch thick	250 mL
1 cup	green cabbage, sliced 1/4 inch thick	250 mL
1/3 cup	mayonnaise	75 mL
2 tbsp	sour cream	30 mL
1 1/2 tsp	caraway seeds	7 mL
2 tbsp	freshly squeezed lemon juice	30 mL
	Sea salt and freshly ground black pepper	

1. In a large bowl, combine white, red and green cabbage, mayonnaise, sour cream, caraway seeds and lemon juice. Mix well and season with salt and pepper to taste. For the best flavor, cover and refrigerate coleslaw for at least 1 hour before eating. It will keep in the refrigerator for up to 2 days.

Variations

Substitute 1 cup (250 mL) thinly sliced fennel, carrot or apple for one of the types of cabbage.

source: The Spice & Herb Bible (Third Edition) by Ian & Kate Hemphill

myrecipes

Beef and Guinness Stew

★★★★★

This hearty beef stew is made with lean boneless chuck that's cooked with carrots, parsnips and turnips and flavored with dark beer. Simmering it in a Dutch oven for about 2 hours makes the meat and vegetables fork tender and delicious.

Total: 3 hrs 18 mins

Yield: 8 servings (serving size: about 1 cup)

Ingredients

3 tablespoons canola oil, divided

¼ cup all-purpose flour

2 pounds boneless chuck roast, trimmed and cut into 1-inch cubes

1 teaspoon salt, divided

5 cups chopped onion (about 3 onions)

1 tablespoon tomato paste

4 cups fat-free, lower-sodium beef broth

1 (11.2-ounce) bottle Guinness Stout

1 tablespoon raisins

1 teaspoon caraway seeds

½ teaspoon black pepper

1 ½ cups (1/2-inch-thick) diagonal slices carrot (about 8 ounces)

1 ½ cups (1/2-inch-thick) diagonal slices parsnip (about 8 ounces)

1 cup (1/2-inch) cubed peeled turnip (about 8 ounces)

2 tablespoons finely chopped fresh flat-leaf parsley

Directions

Step 1

Heat 1 1/2 tablespoons oil in a Dutch oven over medium-high heat. Place flour in a shallow dish. Sprinkle beef with 1/2 teaspoon salt; dredge beef in flour. Add half of beef to pan; cook 5 minutes, turning to brown on all sides. Remove beef from pan with a slotted spoon. Repeat procedure with remaining 1 1/2 tablespoons oil and beef.

Step 2

Add onion to pan; cook 5 minutes or until tender, stirring occasionally. Stir in tomato paste; cook 1 minute, stirring frequently. Stir in broth and beer, scraping pan to loosen browned bits. Return meat to pan. Stir in remaining 1/2 teaspoon salt, raisins, caraway seeds, and pepper; bring to a boil. Cover, reduce heat, and simmer 1 hour, stirring occasionally. Uncover and bring to a boil. Cook 50 minutes, stirring occasionally. Add carrot, parsnip, and turnip. Cover, reduce heat to low, and simmer 30 minutes, stirring occasionally. Uncover and bring to a boil; cook 10 minutes or until vegetables are tender. Sprinkle with parsley.

Nutrition Facts

Per Serving:

365 calories; fat 19.4g; saturated fat 5.7g; mono fat 9.6g; poly fat 1.7g; protein 25.3g; carbohydrates 18.8g; fiber 3.6g; cholesterol 62mg; iron 2.6mg; sodium 454mg; calcium 52mg.

source: Cooking Light, March 2010