

# Caraway



## History

Caraway, the dried fruit, commonly called seed, of *Carum carvi*, a biennial herb of the parsley family, native to Europe and western Asia and cultivated since ancient times. Caraway has a distinctive aroma reminiscent of anise and a warm, slightly sharp taste. It is used as a seasoning in meat dishes, breads, and cheese and in such vegetable dishes as sauerkraut and coleslaw. Caraway of the Netherlands has traditionally had a reputation for high quality.

The plant has finely cut leaves and compound umbels of small white flowers. The fruit, or seed, light to dark brown in color, is a crescent about 0.2 inch (5 mm) long with five prominent longitudinal dorsal ridges.

## Cabbage Salad with Caraway Seeds

### INGREDIENTS

- 2 tsp. caraway seeds
- ¼ cup white vinegar
- ¼ cup lemon juice
- 2 Tbsp. mayonnaise
- 1 Tbsp. sugar
- 1 tsp. kosher salt
- 1 tsp. ground pepper
- ½ cup olive oil
- 1 head green cabbage, cored and shredded
- 1 fennel bulb, trimmed, white and light green parts thinly sliced, fronds reserved
- 1 red onion, thinly sliced
- ½ cup fresh dill or parsley, roughly chopped, for garnish



### DIRECTIONS

1. Make the dressing: Heat a small skillet over medium heat. Add the caraway seeds and toast them until fragrant, stirring constantly, 2 to 3 minutes. Transfer the seeds to a spice grinder or mortar and pestle. Crush until roughly ground.
2. Add the caraway seeds, vinegar, lemon juice, mayonnaise, sugar, salt, and pepper to a large serving bowl. Whisk until combined. Slowly drizzle in the olive oil, whisking constantly, until the dressing is emulsified.
3. Add the cabbage, fennel, and red onion to the bowl with the dressing. Use your hands or tongs to toss until the salad is well coated. Garnish with fresh herbs and fennel fronds. Let sit for 15 minutes before serving, or cover and refrigerate for up to 4 hours.

Find it online: <https://www.epicurious.com/recipes/food/views/cabbage-salad-with-caraway-seeds>

# Caraway Cookies

## INGREDIENTS

- 2 1/4 cups Unbleached All-Purpose Flour
- 2/3 cup granulated sugar
- 1 tablespoon caraway seeds
- 1/2 teaspoon table salt
- 1 scant cup heavy cream
- 1/2 teaspoon Pure Vanilla Extract



## INSTRUCTIONS

- Preheat the oven to 350°F. Line two baking sheets with parchment.
- To make the dough: 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 1/2" 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.

Find it online: <https://www.kingarthurbaking.com/recipes/caraway-cookies-recipe>

# Polish Sausage and Cabbage

## INGREDIENTS

- 24 oz. polish sausage (fully-cooked)
- 12 oz. beer
- water
- 1 head cabbage (coarsely chopped)
- 1/2 head red cabbage (coarsely chopped)
- 3/4 tsp. caraway seed
- 1 tsp. sugar
- 1 tsp. salt

## Instructions:

1. In a four-quart Dutch oven combine the beer and enough water to cover sausage. Bring to a boil; reduce heat and add sausage. Simmer for 8-10 minutes. Remove sausage. Add cabbage, caraway seed, sugar and salt to cooking liquid; mix well. Top with sausage. Cover and simmer for 10 minutes. Drain to serve.



Find it online: <https://www.yummly.com/recipe/Polish-Sausage-with-Cabbage-2249009>