

Caraway Seed (Carum carvi)

Use 1-2 tsp for 4 servings

Description

Caraway Seed has a warm, pungent, slightly bitter flavour with aniseed overtones. Caraway complements - cabbage, potatoes, onion, carrots, coleslaw, sauerkraut, pork, goulash, dumplings, cheese, pickles, cakes, biscuits, rye bread,

Did you know?

Caraway aids the digestion. Caraway was known in England from the 14th Century. It was popular in seed cake and breads as well as with cabbage and bean dishes. Caraway oil is used in liqueurs, perfume and mouthwashes.

Quality

Caraway Seeds should have a uniform shape and consistent creamy brown colour with no stem or chaff content.

Carvone is the principal flavour-giving volatile oil.

Usage

Thinly slice white cabbage. Stir-fry in a little olive oil and butter and sprinkle in a tsp Caraway Seed.

Serve once the cabbage is hot but still crisp.

For seed cake just stir 1 tbs Caraway Seed into a plain sponge cake mixture.

Cut peeled carrots into strips and cook for 5 minutes in a little water with 1 tbs lemon juice, 1 tsp sugar, 1 tsp Caraway Seed and a knob of butter. Boil to reduce the liquid and leave the carrots lightly glazed.