

Did you know...

Caraway seeds are not actually a seed at all! They are small fruits that come from the caraway plant. They are small but mighty, with big flavour. The main notes of licorice, anise and citrus come through, giving them versatility in many dishes - more than just rye bread! All over the world, caraway seeds are used in sweet and savoury dishes, and even some beverages as well!

It's always a good idea to toast any whole spices to really bring out their flavour before cooking. Caraway seeds are rich in dietary fiber and minerals, such as iron and zinc.



Thanks to The Bulk Zone for offering the library a discount on the monthly spices.



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Thunder Bay
Public Library

Spice Club



March 2024
Spice of the Month:

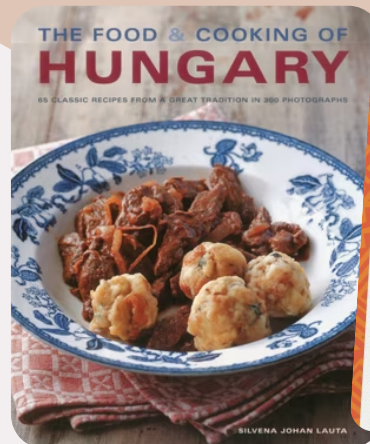
Caraway Seeds



Irish Soda Bread with Caraway Seeds

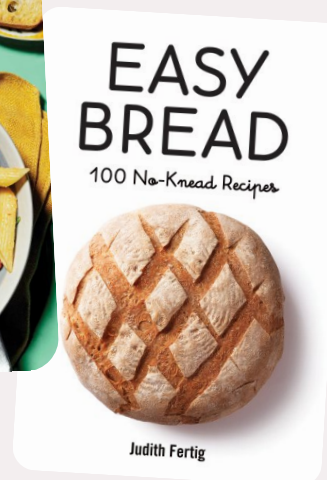
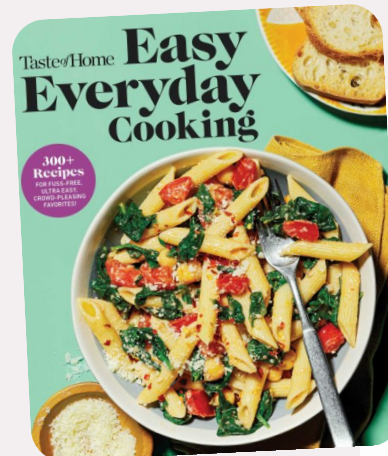
Ingredients

- 1/2 cup white sugar
- 4 cups all-purpose flour
- 2 tsp baking powder
- 1 tsp baking soda
- 3/4 tsp salt
- 3 cups raisins
- 1 tbsp caraway seeds
- 2 large eggs, lightly beaten
- 1 1/4 cups buttermilk
- 1 cup sour cream



Directions:

- Preheat the oven to 350 degrees F. 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 4x3/4 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.



Kielbasa and Cabbage

Ingredients

- 6 slices bacon
- 1 onion, chopped
- 1/4 cup water
- 2 tbsp white sugar, or to taste
- 3 tsp caraway seeds
- 2 tsp minced garlic
- 1/4 tsp crushed red pepper flakes
- 1/4 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.



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