

January Spice Club:

Caraway



Bitter, nutty, warm, sweet caraway! Our spice this month is a fun one because a fair amount of people don't take to its sharp notes of licorice and citrus – so what better to highlight and play with? Not technically seeds, caraway is the split halves of the dried fruits of the meridian fennel plant that are used as a spice. Caraway fruits are *achenes*, like the little seeds-that-aren't-seeds dotting the skin of a strawberry.

For more recipes featuring caraway, seek out cookbooks on German or Tunisian cuisine. Caraway is best known to Westerners in dishes like sautéed cabbage, sauerkraut, and rye bread. Since we focused on bread making in December's cardamom kit, we thought it exciting to focus on some innovative recipes featuring caraway that are a bit off the beaten path, such as Domenica Marchetti's Italian pasta with a savoy cabbage and caraway twist. Katherine Sack's slaw featuring apples and root vegetables works well as a bright note on the winter table.

Each Spice Club kit includes recipes and a 4-oz. Ball jar of spice. Best by April 2024.

February's Spice Club is

Hungarian paprika!

Next Spice Club: Thursday, February 24

Carrot, Yellow Beet, and Apple Slaw with Caraway Seed Dressing

“Nutty caraway adds a pop of flavor to this sweet combination of apples, beets, and carrots.”

Katherine Sacks, Epicurious.com

6 medium multicolored carrots, peeled
4 small golden beets, peeled
1 Fuji apple
½ cup full-fat Greek yogurt
¼ cup mayonnaise
2 tablespoons apple cider vinegar
2 teaspoons honey
¾ teaspoon whole caraway seeds
1 teaspoon kosher salt, plus more to taste
½ teaspoon freshly ground black pepper, plus more to taste
5 leaves Tuscan kale, thick stems removed, thinly sliced crosswise

Using the coarse grater disk on a food processor or the largest holes on a box grater, coarsely grate carrots, beets, and apple into a large bowl.

Whisk yogurt, mayonnaise, vinegar, honey, caraway seeds, 1 teaspoon salt, and ½ teaspoon black pepper in another large bowl until smooth.

Add carrots, beets, apple, and kale and toss to combine. Season with salt and pepper. Cover and chill until ready to serve. Makes 4 cups of slaw. If making ahead of time, slaw can be made and chilled for up to 8 hours. *Makes 4 cups.*

Whole-Wheat Fettucine with Savoy Cabbage, Cream and Caraway Seeds

Domenica Marchetti, *The Glorious Pasta of Italy*

1 tablespoon extra-virgin olive oil
4 ounces pancetta, diced
1 shallot, finely chopped
2 teaspoons caraway seeds, lightly crushed (pressing with a cast-iron skillet will do)
Freshly ground black pepper
½ head savoy cabbage, quartered through the stem end, cored and finely shredded crosswise
½ cup chicken broth
1 cup heavy cream
1 pound whole-wheat fettucine
1 cup freshly grated Parmigiano-Reggiano cheese

Warm the olive oil in a large sauté pan over medium heat. Add the pancetta, stir to coat with the oil, and sauté for 5-7 minutes until the pancetta is sizzling and has begun to render its fat and just starting to crisp. Stir in shallot, caraway seeds and a generous grinding of pepper. Sauté for about 5 minutes until the shallot is translucent and softened.

Add as much cabbage as will fit in the pan. Pour ¼ cup broth over the cabbage and cover. Let the cabbage cook for a few minutes, until it has started to wilt, then add more cabbage and a splash more broth. Continue this process until all cabbage and broth is in the pan. Cook and stir occasionally for 15 minutes until the cabbage is tender but still slightly crunchy.

Season with salt to taste. Stir in the cream, raise the heat to medium-high, and bring to a boil. Reduce the heat to medium-low and simmer until sauce is slightly thickened, no more than 10 minutes.

While the sauce is cooking, bring a large pot of generously salted water to a boil. Add the pasta and cook according to instructions until *al dente*. Drain the pasta and separately reserve about 1 cup of the cooking water.

Transfer the pasta to the sauté pan and turn the heat to the lowest possible setting. Toss gently to combine the pasta and sauce thoroughly, adding a splash or two of the reserved cooking water if necessary to loosen the sauce. Plate the pasta, sprinkle with Parmigiano, and serve immediately. *Makes 4-6 servings.*