



Herbs & Spices



Caraway Seed (*Carum carvi*)

Description

DELICIOUS WITH VEGETABLES

Caraway Seeds have a nutty, delicate anise flavour and pungent aroma with notes of orange peel. Use quite generously.

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

- Stir fry with cabbage and bacon and a knob of butter.
- Toss into carrots and other root vegetables.
- Stir into goulash and other pork or beef casseroles.
- For seed cake just stir 1 tbs Caraway Seed into a plain sponge cake mixture.

Nutritional Information

Values per 100g
Energy: 448 KCal

Values per serving

Protein: 23.3 g
Carbohydrates: 40.9 g
Fat: 21.2 g