



# Caraway Potatoes and Seed Cake

Yield: 4 serves | Rating: 4/5 | Prep: 10 min | Cook: 2 hr | Source: #ParlezPantry

Caraway seeds are highly aromatic with a distinctive mild anise flavor that adds a welcome and subtle licorice hint to many dishes. Their taste is earthy, with a hint of citrus and pepper.

Caraway thrives in any good, well drained soil, in a sunny spot. Sown in autumn, they flower and set seed the following summer, sown in mid spring, it forms leaves in the first year, and flowers and seeds in its second. Once introduced to the garden, it self-seeds freely and without intervention.

The soft, fern-like leaves can be used in place of parsley or chervil, for snipping over salads, soups and sauces; they are much less pungent than the seeds. These develop from tall-stemmed, flat-headed white flower clusters and should be gathered in late summer, before they ripen and turn brown. Dried, as all herbs, they should be stored in airtight containers.

Caraway seeds were popular in medieval times, used in cakes, biscuits and sweetmeats in Shakespeare's Henry IV, Falstaff is invited to 'a pippin and a dish of caraways'.

## Ingredients

### Caraway Potatoes:

- 6 potatoes (backing, large)
- 25 g butter (melted)
- 1 tbsp caraway seeds

### Seed Cake:

- 450 g butter
- 450 g sugar (caster)
- 9 eggs
- 450 g flour (plain)
- 1 tsp cloves (ground)
- 1 tsp cinnamon (ground)
- 55 g caraway seeds

## Notes

Today, the seeds are used commercially to flavour liqueurs and in many Austrian, German and Scandinavian savoury dishes, as well as breads and cheeses.



## Instructions

- 1. Caraway Potatoes:** Scrub the potatoes clean and cut them into 1" thick slices. Line one or two baking sheets with buttered foil and place the slices on top. Brush them with a little more melted butter and sprinkle with caraway seeds. Bake in the oven at 190°C for 25 to 35 minutes or until crisp.
- 2. The potato slices accompany roast pork, grilled fish or pork chops.** They could, should you so desire also be served lukewarm or cold as a starter, accompanied by any choice of dips you have to hand or choose to make.
- 3. Seed Cake:** Cut the softened butter into small pieces and beat with the sugar until creamy and fluffy, the coarseness of the sugar works away to create the smooth texture. Beat the eggs in a separate bowl set over a bain marie then whisk them into the butter and sugar mixture. Fold in the flour, and sift in the cloves and cinnamon, before blending in the caraway seeds.
- 4. Spoon the mixture into a lined and buttered 10" cake tin, level the top and bake in the centre of the oven that has been preheated to 175°C for 2 hours. Remove the tin from the oven and leave the cake to shrink slightly from the sides before turning it out to cool on a wire rack.**