



Spice Up Your Spring!

Maynard Library

Spice Club

POPPY SEEDS

SPICE INFORMATION



Poppy seed, tiny dried seed of the opium poppy, is used as food, food flavoring, and the source of poppy-seed oil. The plant, *Papaver somniferum*, is an herbaceous annual native to Greece and the Orient. Poppy seed is an ancient spice; the seed capsules have been found in Switzerland in the remains of prehistoric lake dwellings. The poppy seed is mentioned in ancient medical texts from Egypt, and Minoans on the island of Crete used a milk, opium and honey mixture to calm crying babies.

The seeds are small (about 1 mm in length), kidney-shaped, and grayish blue to dark blue in color. They have a faint nutlike aroma and a mild, nutty taste especially popular in

bread and other baked goods. Poppy seeds are often paired with fruit (especially lemon) or onions. Poppy seed contains from 44 to 50 percent oil and are pressed to yield poppyseed oil. Poppy seed is widely used in many countries, especially in Central Europe and South Asia. The seeds are used whole or ground into meal as an ingredient in many foods – especially in pastries and breads like muffins, bagels, bialys, and cakes.

Poppy seed paste is used for fillings in pastries, sometimes mixed with butter or milk and sugar. The ground filling is used in poppy seed rolls and croissants and may be flavored with lemon or orange zest, rum, vanilla, cinnamon, with raisins, chopped blanched almonds or walnuts added. In Central and Eastern Europe, sugared, milled poppy seeds are eaten with pasta. In Eastern European Jewish cuisine, poppy seed pastries like kalács and hamantashen are traditional during Purim. In Bengali cuisine, white poppy seeds are added for thickness, texture and flavor to recipes. Commonly used in the preparation of korma, ground poppy seeds, along with coconut and other spices, are combined into a paste added during cooking.

It is not absolutely necessary, but some bakers like to soak the poppyseeds in warm water or warm milk to soften the slightly hard outermost part of the poppyseed.

Harvesting for poppy seeds of superior quality is in conflict with harvesting for opium, because poppy seeds should be harvested when they are ripe, after the seed pod has dried. Traditionally, opium is harvested while the seed pods are green. Compared to the seed pod, the seeds contain very low levels of opiates.

All parts of the poppy plant can contain or carry the opium alkaloids, especially morphine and codeine. Eating foods that contain poppy seeds can result in a false positive for opiates in a drug test, although more refined tests can distinguish them.

<https://www.britannica.com/topic/poppy-seed>

https://en.wikipedia.org/wiki/Poppy_seed

<https://www.thecountrycook.net/lemon-poppy-seed-bread/>

This spice sample came from Assabet Co-op Market.

RECIPES

"Everything" Seasoning

<https://www.allrecipes.com/recipe/278762/everything-seasoning/>

Ingredients

- 1 tablespoon poppy seeds
- 1 tablespoon sesame seeds
- 1 tablespoon dried minced garlic
- 1 tablespoon dried minced onion
- 1 teaspoon kosher salt, or more to taste

Steps

1. Mix together poppy seeds, sesame seeds, dried garlic, dried onion, and salt in a small bowl. Transfer to an airtight jar.



Judy's Deli Slaw

<https://food52.com/recipes/12622-judy-s-deli-slaw>

Servings: 12 – 20

Ingredients

- 2/3 cup red wine vinegar
- 1/4 cup sugar
- 1/4 cup water
- 1/2 cup canola or grapeseed oil
- 2 teaspoons salt
- 1 tablespoon poppy seed
- 1 head green cabbage
- 1 bunch red radishes
- 1 small bunch celery
- 3 sweet peppers -- any color(s)
- 3 cucumbers -- peeling optional
- 1 large red onion
- 1 pound carrots

Steps

1. Mix the first six ingredients in a large salad bowl, through poppy seed.
2. Wash, trim, peel as necessary, all the vegetables. Except for the cabbage, you can substitute by personal choice and availability. Give preference to home grown, locally grown, organically grown. Shift the selection with the season.
3. Use a food processor to slice all the vegetables, thinly. (Or slice by hand or mandoline)
4. Toss it, then let it sit a while to let the dressing work. You can make it ahead, and it keeps at least 5 days, refrigerated.



Tangy Poppy Seed Fruit Salad

<https://www.allrecipes.com/recipe/22768/tangy-poppy-seed-fruit-salad/>

Servings: 4



Ingredients

- 1 (20 ounce) can pineapple chunks, drain and save juice
- 1 orange, peeled and segmented
- 1 kiwi -- peeled, halved and sliced
- 1 cup seedless grapes
- 1 cup quartered strawberries
- ¼ teaspoon grated lime zest
- 2 tablespoons lime juice
- 1 tablespoon honey
- 1 teaspoon poppy seeds

Steps

1. In a large bowl, toss pineapple, orange, kiwi, grapes and strawberries. In a small cup or bowl, combine lime zest, lime juice, honey, poppy seeds and 1/4 cup reserved pineapple juice. Stir well and toss with fruit.

Strawberry Avocado Spinach Salad with Poppyseed Dressing

<https://www.gimmesomeoven.com/avocado-strawberry-spinach-salad-with-poppyseed-dressing/>

Servings: 4 - 6

Ingredients

Salad:

- 6 cups fresh baby spinach
- 1 pint strawberries, hulled and sliced
- 1 avocado, peeled, pitted and diced
- 4 ounces crumbled blue cheese (or goat cheese or feta)
- 1/3 cup sliced almonds, toasted
- half a small red onion, thinly sliced



Poppyseed Dressing:

- 1/3 cup avocado oil (or olive oil)
- 3 tablespoons red wine vinegar
- 2 tablespoons honey
- 1 tablespoon poppy seeds
- 1 teaspoon Dijon mustard
- fine sea salt and freshly-ground black pepper
- roasted chunks of roasted chicken, optional
- 1 cup roasted pecans, optional

Steps

1. Make the dressing. Whisk all ingredients together vigorously in a small bowl (or shake in a covered jar) until emulsified. Taste and season with a pinch of salt and a few twists of pepper, as needed.
2. Toss the salad. Combine all of the salad ingredients in a large bowl. Drizzle evenly with the dressing then gently toss until combined.

Lemon Poppy Seed Green Beans

<https://www.dudafresh.com/recipes/lemon-poppy-seed-green-beans>

Ingredients

- 1 ½ pounds green beans
- 2 lemons; zest and juice
- 1 small yellow onion; chopped
- 2 tbsp. poppy seeds
- 2 tbsp. honey
- 2 tbsp. olive oil
- ½ tsp. dried thyme
- ½ tsp. black pepper
- 1 tsp. Kosher salt



Steps

1. Preheat oven to 425° F.
2. In a large bowl, toss the green beans with the zest and juice of the lemons.
3. Mix until combined then add in the onion, poppy seeds, honey, olive oil, thyme, salt and pepper.
4. Mix until green beans are coated then place on baking sheet to bake in oven for 15-20 minutes. Serve hot with other holiday favorites.

Ginger Poppy Seed Homemade Gnocchi

<https://healthfullyeverafter.co/food-nutrition-recipe-blog/2016/12/13/ginger-poppy-seed-home-made-gnocchi>

Variation without ginger: Poppy Seed Nudli

<https://hungarytoday.hu/poppy-seed-nudli-hungarian-recipe/>



Ingredients

- 1 pound russet potatoes
- 4 ounces flour + extra for sprinkling
- 1 egg
- Salt
- 2 ounces butter
- 1/2 teaspoon poppy seeds
- 2 teaspoons freshly grated ginger
- 2 green onions
- 2 large heads broccoli
- 1 Tablespoon olive oil

Steps

1. In a pot of water, boil the potatoes in salted water for about 30 minutes or, until you can stick a knife completely through them. Drain the water and cool. Peel off the skin. Rice the potatoes and have them land directly on a large cutting board dusted with flour. Add egg and flour to a well within the potato that has been riced. Mix with your hands and knead until the dough is soft, compact and not extremely sticky. Add more flour as needed but don't add too much! It can make the gnocchi too chewy
2. Divide the dough into 8 sections. Roll each section into long cylinders. The most accurate rolling technique description I can come up with is roll the dough like a playdough snake. Spread your fingers out to apply even pressure as you roll so the dough is even throughout the cylinder.
3. Pre heat your oven to 425 F for broccoli. Slice into long florets with stalk and toss in olive oil. Put on a lined baking sheet and roast 10-15 minutes until tops are browned.
4. Slice the log into 1 inch sections with a knife and move them to your shaping station. I used a fork with the handle up and the tines down on the cutting board. Take each piece and start at the top of the fork (where it meets the handle) and press and slide to the end. Here's a great video that shows how they're formed:
5. https://www.youtube.com/watch?v=TCdVU_9X5ck
6. Put them on a lightly floured plate and then cook in a large pot of boiling salted water. The gnocchi are done once they float. Remove them with a slotted spoon.
5. In a large saucepan over medium heat, melt the butter. Add freshly grated ginger and sauté for three minutes. Add the gnocchi and stir for another two to three minutes. Add poppy seeds and extra salt and pepper. Add broccoli to a plate and top with gnocchi. Slice green onion on top.

Caramelized Onion and Poppy Seed Kugel

<https://kosherlikeme.com/caramelized-onion-and-poppy-seed-kugel/>



Ingredients

- 1 lb dried wide egg noodles
- 1 stick (8 Tbsp) unsalted butter
- 2 large onions, halved and sliced
- 2 cups sour cream
- 2 cups small-curd cottage cheese
- 12 oz cream cheese, softened
- 2 large eggs plus 2 yolks
- 2 Tbsp poppy seeds

Steps

1. Put rack in center of oven and preheat to 350F.
2. Cook noodles in a large pot of boiling salted water until al dente. Drain in a colander and rinse under cold water, then drain again.
3. Melt butter in a large (12") skillet over moderate heat. Brush baking dish with some of the butter. Add onions and ½ tsp kosher salt to skillet and cook, stirring occasionally, until soft and well browned, 30 to 35 minutes. In a large bowl, toss together noodles with onions.
4. In the bowl of an electric mixer (or using a handheld mixer and a bowl), beat together sour cream, cottage cheese, cream cheese, eggs, and poppy seeds with 1 tsp kosher salt and 1/2 tsp freshly ground black pepper until combined well. Stir mixture into noodles.
5. Spoon into baking dish, cover with foil, and bake 30 minutes. Remove foil and continue to bake until kugel is set and top is golden brown in spots, about 30 minutes more. Let stand 5 minutes before serving.

Noodles with Poppy Seeds— Nudle s mákem

Also called Mákos Tészta in Hungarian

<https://www.cooklikeczechs.com/czech-noodles-with-poppy-seeds/>

Servings: 2

See also Poppy Seed Nudli (looks like gnocchi)

<https://hungarytoday.hu/poppy-seed-nudli-hungarian-recipe/>

Ingredients

- 4 oz (120 g) dry wide noodles
- 4 Tbsp ground poppy seeds
- 6 Tbsp powdered sugar
- Unsalted butter, melted



Steps

1. Cook the noodles according to the package directions for al dente.
2. In the meantime, mix powdered sugar and ground poppy seeds in a bowl. Let melt butter over lower heat.
3. Strain the noodles properly. Try to get rid of most of the liquid from the surface of the noodles.
4. Arrange noodles in a bowl, sprinkle with poppy seed sugar mixture and pour over with melted butter.
5. Serve warm as a separate main dish.

Notes

- Noodles with poppy seeds in Czech style are sweet goodness. In our family, we always add a generous amount of poppy seeds and sugar to noodles, much more than is often presented in recipes.

Tagliatelle with Poppy Seeds and Prosciutto

<https://www.saveur.com/article/Recipes/Tagliatelle-With-Poppy-Seeds/>

Servings: 4-6



Ingredients

- 2 tbsp. unsalted butter
- 2 tbsp. extra-virgin olive oil
- 2 large shallots, thinly sliced
- Kosher salt and freshly ground black pepper, to taste
- 2 tbsp. poppy seeds
- 1/2 cup white wine
- 1/2 cup buttermilk
- 1/2 cup heavy cream
- 1 lb. tagliatelle or fettuccine
- 2 oz. prosciutto, thinly sliced
- 1/2 cup finely grated Parmesan, plus more to garnish
- 4 scallions, cut into 1/2" slices
- Juice of 1/2 lemon

Steps

1. Heat butter and oil in a 12" skillet over medium-high heat. Add shallots. Season with salt and pepper, and cook, stirring, until soft, about 2 minutes. Add poppy seeds; cook, stirring, until fragrant and shallots begin to brown lightly, about 3 minutes. Add wine; cook until almost all liquid evaporates, about 5 minutes. Add buttermilk and cream; cook, stirring, until reduced slightly, about 3 minutes.
2. Meanwhile, bring a pot of salted water to a boil; add pasta, and cook until al dente, about 7 minutes. Drain pasta, reserving a little cooking water, and add to sauce in skillet. Add prosciutto, Parmesan, half the scallions, and lemon juice; toss to combine, adding water if necessary to make a smooth sauce. Season with salt and pepper, and transfer to a serving dish; sprinkle with remaining scallions and more Parmesan.

Hungarian Poppy Seed and Walnut Noodles

<https://www.myjewishlearning.com/the-nosher/hungarian-poppy-seed-and-walnut-noodles-recipe/>

Servings: 4– 6 servings



Ingredients

- 1 lb tagliatelle or egg noodles
- 3 Tbsp butter
- 4 garlic cloves, sliced
- 1 oz poppy seeds
- 1.5 oz ground walnuts
- salt to taste
- zest of one lemon

Steps

1. Cook the tagliatelle according to directions. Drain and set aside.
2. While the tagliatelle are cooking, melt the butter in a sauce pan over medium heat. Add the garlic and cook 2-3 minutes until golden. Add poppy seeds and cook for another minute to release its fragrance. Add the walnuts and salt to pan, cook for another minute, and pour over the cooked pasta. Mix well.
3. Add the lemon zest on top of the pasta. Serve immediately.

Jewish Flatbread with Onions and Poppy Seeds

<https://www.myjewishlearning.com/the-nosher/this-forgotten-jewish-flatbread-tastes-just-like-a-bialy/>

See also Amish Onion Cake for a similar topping on a quick bread.

<https://www.tasteofhome.com/recipes/amish-onion-cake/>

See also Bialy Bourekas for similar filling in a puff pastry

<https://www.myjewishlearning.com/the-nosher/how-to-make-bialy-bourekas/>

See also Miami Onion Rolls for similar flavors in a challah roll (sweet, soft yeast rolls)

<https://www.bigoven.com/recipe/ratners-onion-rolls/183931>

Total Time: **13 hours 20 minutes**

Yield: Serves 8

Ingredients

For the dough:

- 1 ½ cups warm water
- 2 ¼ tsp active dry yeast (1 packet)
- 2 tsp granulated sugar
- 2 tsp kosher salt
- 3 ½ cups all-purpose flour
- 2 Tbsp olive oil, plus more to coat the dough



For the topping:

- 3 yellow onions
- 1 Tbsp olive oil
- 1 tsp kosher salt
- 1 Tbsp poppy seeds
- 1 tsp flaky salt, such as Maldon

Steps

1. In a small bowl, combine 1½ cups warm water, 2¼ tsp active dry yeast, and 2 tsp granulated sugar. Stir to combine, and then allow to sit until foamy, about 5 minutes.
2. In the bowl of a stand mixer, combine 2½ cups all-purpose flour and 2 tsp kosher salt. Stir to combine. Add yeast mixture and 2 Tbsp olive oil. Using the dough hook, turn the mixer onto the stir setting, and stir until a ball of dough forms. Add the remaining cup of all-purpose flour while the mixer kneads the dough for another 5-8 minutes. You're looking for a smooth, elastic ball of dough. You may not need the full cup of flour to achieve this.
3. Transfer the ball of dough to a large, oiled bowl, turning to cover the dough with oil, and refrigerate for 12-24 hours.
4. When you are ready to bake the pletzl, remove the dough from the fridge and allow it to come to room temperature. This can take 40 minutes to an hour, depending on the temperature of your kitchen, so be sure to leave plenty of time.
5. Meanwhile, thinly slice 3 yellow onions. Add 1 Tbsp olive oil and the sliced onions to a cold pan, and heat over medium heat until the onions begin to sizzle. Turn the heat down to low and allow the onions to caramelize, stirring occasionally. If the onions begin to stick, add a Tbsp of water and move them around a bit. Cook the onions for 20-30 minutes, until they are glossy and light golden brown. Remove them from the heat.
6. Line a 15×10" pan (aka a jelly roll pan) with parchment or a silicone baking mat. Gently stretch the dough, using your fingertips, so that it reaches the edges of the pan. Prick the dough all over with a fork, leaving a 1-inch border. Cover the dough with oiled plastic wrap, and allow to rise for another 20 minutes. Meanwhile, preheat the oven to 400°F.
7. Spread the caramelized onions over the dough, leaving a 1-inch border. Sprinkle liberally with poppy seeds. Place the pan on the middle rack of the oven, and bake for 30 minutes or until the top is golden brown, and the bottom feels sturdy and sounds hollow when you tap it. Turn the pan once, halfway through baking.
8. Remove the bread from the oven and transfer to a wire rack to cool for about 10 minutes. Slice the bread into squares and enjoy warm, or allow to cool fully and schmear with cream cheese or chopped liver.

Poppy Seed Crusted Salmon

<https://cuisinicity.com/poppy-seed-crusted-salmon/>

See also Cream Cheese Stuffed Everything Chicken

<http://emilybites.com/2015/08/cream-cheese-stuffed-everything-chicken.html>

Servings: 4

Ingredients

- 4 skinned salmon filets, about 1 ½ lbs,-wild Alaskan preferably
- 2 egg whites
- 12 whole-grain crackers
- 2 Tbsp poppy seeds
- ¼ tsp salt
- fresh ground pepper to taste
- 2 Tbsp olive oil



Steps

1. Rinse and dry the salmon filets and set aside.
2. Whisk egg whites with a fork in a wide shallow dish and set aside.
3. Place the Kashi crackers in a coffee grinder or mini food processor and grind finely.
4. Combine the finely ground crackers, poppy seeds, salt and pepper on flat plate and set aside.
5. Dip salmon filets, one at a time, first in the egg whites then in the poppy crumbs, making sure to coat both sides well. Repeat with all the filets
6. Heat olive oil in a large non stick pan that can hold all 4 filets and sear the filets over medium high heat for 3-4 minutes on each side to brown.

Ritz™ Cracker Cream Cheese Chicken Bake

bettycrocker.com

Servings: 6

A Southern comfort food, notably without cream of chicken soup.

Ingredients

- 1 cup uncooked long grain white rice
- 2 tablespoons butter
- 1/2 cup chopped onion
- 8 oz sliced baby portabella mushrooms (about 2 cups)
- 1 teaspoon dried thyme leaves
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 3 tablespoons all-purpose flour
- 1 1/2 cups whole milk
- 1 cup chicken broth
- 1 tablespoon Worcestershire sauce
- 1 cup sour cream
- 4 oz chive & onion cream cheese
- 1 tablespoon poppy seed
- 2 cups chopped rotisserie chicken
- 2 cups crumbled Ritz™ crackers
- 2 tablespoons butter, melted

Steps

1. Heat oven to 350°F. Spray 13x9 (3-quart) baking dish with cooking spray. Cook rice as directed on package; set aside.
2. Meanwhile, in 10-inch nonstick skillet, melt 2 tablespoons butter over medium-high heat. Add onion, mushrooms, thyme, salt and pepper; cook and stir 4 to 5 minutes or until tender. Stir in flour until well combined. Slowly add milk, and heat to simmering, stirring to prevent lumps. Add chicken broth, Worcestershire sauce, sour cream, cream cheese spread and poppy seed; simmer 3 to 5 minutes, stirring frequently, until slightly thickened.
3. In large bowl, mix chicken, cooked rice and sauce mixture; transfer to baking dish. Bake 25 to 30 minutes or until 165°F in center. Meanwhile, in large resealable food-storage plastic bag, mix crackers and 2 tablespoons melted butter, shaking to combine. Sprinkle on top of casserole during last 5 minutes of baking.



Pirishkes (Poppy Seed-Honey Cookies)

<https://www.saveur.com/article/Recipes/Pirishkes-Poppy-Seed-Honey-Cookies/>

Servings: about 5 1/2 dozen



Ingredients

- 3 cups flour
- 1/4 cup poppy seeds
- 2 tsp. baking powder
- 1 tsp. kosher salt
- 3/4 cup sugar
- 8 tbsp. butter, softened
- 1 tsp. vanilla extract
- 2 eggs
- 1 cup honey

Steps

1. Heat oven to 350°. Whisk flour, poppy seeds, baking powder, and salt in a bowl; set aside. Beat sugar, butter, and vanilla in a bowl with a hand mixer until pale and fluffy. Add eggs one at a time, beating after each; mix in dry ingredients. Form dough into a disk; halve. Roll each half on a floured work surface until 1/4" thick; chill. Cut out 1 1/2"-wide diamonds from dough; transfer to paper-lined rimmed baking sheets. Bake until golden, 12-15 minutes. Meanwhile, boil honey and 1/3 cup water in a saucepan. Place all cookies in a single layer on one of the baking sheets; pour over honey. Let sit for 10 minutes before serving.

Polish Apple Crumble--Szarlotka

<https://cookinpolish.com/polish-apple-crumble-szarlotka/>



Ingredients

Dough:

- 2 cups flour
- 3 Tbs powder sugar
- 1 egg
- 6 oz. cold butter
- 1/2 tsp salt

Apples:

- 6 semi-sour apples
- 1/4 cup water
- 1/2 cup sugar
- 1 tsp cinnamon
- 2 Tbs lemon juice

Crumble:

- 1 heaped cup flour
- 6 Tbs sugar
- 4 oz. cold butter sliced

Steps

2. Sift flour into a bowl, add powder sugar, egg and salt. Cut butter into small pieces and rub quickly into flour and sugar with fingers. You can use also a food processor. Form a dough into flat ball, cover with cling foil and refrigerate for half an hour.
3. Core, peel and slice the apples. Place them in a sauce pan, add few tablespoons of water, cinnamon, sugar and lemon juice. Simmer for about 12 minutes, not too long to have apples still in chunks, not as a marmalade.
4. Combine all the ingredients in a bowl, quickly knead till the mixture is forming crumbs.
5. Preheat the oven to 350 F.
6. Take round baking pan 28 cm diameter. Cover the bottom with baking paper.
7. Roll out the dough and transfer it to a baking pan. Lay out a layer of apples. Scatter crumble generously over the apples.
8. Bake 60 minutes on the middle shelf of the oven.
9. Serve with a scoop of vanilla ice cream.

Best Ever Lemon Poppy Seed Loaf

<https://www.delscookingtwist.com/best-ever-lemon-poppy-seed-loaf/>

Servings: 8- 10

Ingredients

For the lemon poppy seed loaf:

- 1 $\frac{3}{4}$ cups (225g) all-purpose flour, sifted
- 1 teaspoon baking powder
- $\frac{1}{2}$ teaspoon salt
- $\frac{3}{4}$ cup high quality butter, softened at room temperature (NOT MELTED)
- $\frac{3}{4}$ cup (165g) sugar
- 3 large eggs
- 2 Tablespoons fresh lemon juice
- Zest of 2 lemons
- 2 Tablespoons poppy seeds
- $\frac{3}{4}$ cup milk

For the lemon glaze (optional):

- 1 Tablespoon lemon juice
- 1 cup (120g) powdered sugar, sifted
- 3 teaspoons milk



Steps

1. Preheat the oven to 350°F and grease the bottom and the sides of a 9×5-inch loaf pan with melted butter or vegetable oil. Set aside.
2. Sift flour in a medium size bowl. Add baking powder, salt, and mix well. Set aside.
3. In the bowl of a stand mixer fitted with a whisk or using hand mixer on low-speed setting, cream softened butter (NOT MELTED)* and sugar until pale and fluffy. If you end up with a chunky texture while mixing butter and sugar, stop everything, then use a rubber spatula, and press butter and sugar until creamy. You need to have this creamy softened butter-sugar texture before going further in the recipe.
4. Slowly add the beaten eggs to the mixer, one at a time. Add the lemon juice, zest and poppy seeds. Keep the mixer running on low speed and pour in half the milk with half of the flour mixture. Beat until all ingredients are combined, then slowly add the remaining milk and flour, and beat until combined.
5. Transfer the batter to the prepared loaf pan and bake for 50-55 minutes or until a toothpick inserted in the center comes out clean. Remove from the oven and let cool for about 10 minutes in the pan, then transfer to a cooling rack and cool completely.
6. When the cake is cooled, make the icing. Start with adding 1 Tablespoon lemon juice to the powdered sugar then add milk, adjusting quantity if needed. The icing should be thick and not too runny. Spoon icing over the cake and let harden before serving.

Cherry Poppy Seed Cake

<https://www.davidlebovitz.com/cherry-poppy-seed-cake-recipe/>

Ingredients

Streusel:

- 1/4 cup (35g) flour
- 2 tablespoons old-fashioned oats, rolled
- 2 tablespoons light or dark brown sugar
- 2 teaspoons poppy seeds
- 1/4 teaspoon ground cinnamon or cardamom
- pinch of salt
- 2 tablespoons butter, salted or unsalted, at room temperature

Cake:

- 1 1/2 cups (210g) flour
- 1 1/2 teaspoons baking powder, preferably aluminum-free
- 2 tablespoons poppy seeds
- 1/2 teaspoon salt
- 3/4 cup (150g) granulated sugar
- grated zest of 2 large lemons
- 1/2 cup (125ml) neutral vegetable oil, such as canola or grapeseed
- 3 large eggs, room temperature
- 1 cup (225g) plain whole milk yogurt
- 2 tablespoons freshly squeezed lemon juice
- 1 1/2 cups (210g) pitted cherries, sweet or sour (fresh or frozen)

Steps

1. Preheat the oven to 350°F. Butter a 9-inch (23cm) loaf pan, dust with flour, and tap out any excess.
3. Make the streusel by mixing the 1/4 cup flour, oats, brown sugar, poppy seeds, cinnamon or cardamom and salt in a small bowl. Add the butter and use your fingers to break the butter into small pieces, until the streusel is in small bits. Set aside. To make the cake, whisk the flour, baking powder, poppy seeds and salt together in a small bowl.
4. In a large bowl, rub the sugar and lemon zest together very well with your fingers, encouraging the lemon oil to saturate the sugar. Whisk in the oil, eggs, yogurt and lemon juice. Add the flour mixture all at once, stirring with a rubber spatula until it's almost completely incorporated. Fold in half of the cherries and scrape the batter into the prepared pan.
6. Dot the remaining cherries over the top and sprinkle with streusel. Bake the cake until golden brown on top and it feels set in the center, about 45 to 50 minutes. Mine took closer to the 50 minute mark, and several readers noted theirs took up to 70 minutes. (You can insert a toothpick in the center to check for doneness as well. When it comes out clean of crumbs, the cake is done.)
7. Let the cake cool on a wire rack. When cool, run a knife along the outside of the cake to help it release from the pan and tip the cake out of the pan.



Almond Poppy Seed Ice Cream

<http://itsybitsyfoodies.com/almond-poppy-seed-ice-cream/>

Servings: 6-8



Ingredients

- 3 eggs
- 2 cups milk (or half and half)
- 1 cup sugar
- 2 cups heavy cream
- 2 tsp almond extract
- 1 Tbsp poppy seeds

Steps

1. In a large saucepan, beat the eggs, milk and sugar until well blended.
2. Cook the egg mixture over low heat for roughly 10 minutes, stirring constantly, until thickened. It should smoothly coat the back of a wooden spoon.
3. Let the mixture cool.
4. Add the heavy cream and the almond extract.
5. Stir until blended and refrigerate the mixture until it is completely chilled, for several hours or up to overnight.
6. Following the instructions of your ice cream maker, pour the chilled mixture into your machine and stir it until the ice cream forms.
7. As the ice cream mixes, add the poppy seeds and continue mixing.
8. It will typically be more like soft-serve when you first make it. If you want firmer ice cream, transfer it to a sealed container once it reaches the soft-serve consistency and let it freeze for several hours until it hardens.

ADDITIONAL RECIPES

This document can be found at <https://www.maynardpubliclibrary.org/spice>

<https://www.archanaskitchen.com/andhra-style-eggplant-poppy-seeds-curry-recipe>

<https://www.poppyandprune.com/2018/05/03/sweet-noodles-for-shavuot-lokshen-with-honey-cream-and-poppy-seeds/>

<https://www.poppyandprune.com/2018/03/05/cabbage-varnishkes/>

<https://www.vegrecipesofindia.com/aloo-posto-recipe/>

<https://www.daringgourmet.com/chicken-xacuti/>

<https://www.tasteofhome.com/recipes/swiss-mushroom-loaf/>

<https://www.thespruceeats.com/lithuanian-poppy-seed-cookies-recipe-1136757>

<https://www.cooklikeczechs.com/plum-dumplings/>

Subscriptions

<https://cooking.nytimes.com/recipes/1024218-double-strawberry-shortcakes>

<https://cooking.nytimes.com/recipes/1013588-olive-oil-crackers>

<https://cooking.nytimes.com/recipes/1022250-blueberry-poppy-seed-cake>

These recipes use a large quantity of poppy seeds. You can purchase poppy seeds at Assabet Co-op for \$0.79/oz, which is about 3 Tablespoons.

<https://www.iocooks.com/recipes/day-9-poppy-seed-rugelach/>

<https://www.saveur.com/article/recipes/blueberry-poppyseed-squares/>

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SHARING RESULTS

We'll have a potluck buffet and discussion on **Saturday, June 29 @ 12 pm**. Feel free to use one of these recipes for your dish or find one on your own.