

# Fluvanna County Public Library

## Spice of the Month Club

### Celery Seed

#### Flavor Profile: Bittery, Savory, Lemony



Wild celery is an ancient European plant from which garden celery and celery root were bred in the 17<sup>th</sup> century. Cutting or leaf celery also called smallage, resembles the original wild celery. Chinese celery is mid-green with leaves similar to those of garden celery. The unrelated water or Vietnamese celery has upright stalks with small, serrated leaves; do not confuse it with the poisonous European water dropwort.

Wild celery has been cultivated for over 3,000 years, and was widely used by the ancient Egyptians, Greeks, and Romans as a panacea, and was grown in most of their herb gardens. The Romans also added the bitter seeds and leaves to bread, wine, soups, cheese, and other foods. By the 6<sup>th</sup> century CE, wild celery had been introduced to China. Meanwhile in Europe its use spread north to France and England. In medieval Europe it was believed to cure every kind of illness. By the 17<sup>th</sup> century, a new, sweeter form of the plant was being cultivated in Italy for use as a vegetable; this is the celery we know today. Its wild relative – smallage – was relegated to seed production, and is still the main source of celery seed.

**Region of cultivation:** wild celery is thought to be native to temperate regions of Europe and western Asia. It is grown in India (which produces more than 50% of the world's total crop), but also in China, Egypt, and France.

**Food Partners:** tomatoes, potatoes, fish, beef, savory bakes, cabbage, chicken, cucumber, fish, and eggs.

**Culinary Uses:** Cutting celery is used in Holland and Belgium like we use parsley, as a garnish or stirred into dishes just before serving. It is one of the herbs used for the traditional dish of eel in green sauce. In France, it is sold as a soup herb; in Greece, it is popular in fish and meat casseroles. Cutting celery is useful because you can pick leaves to add to bouquets or garnish soups and stews, instead of having to use a celery stalk.

Chinese celery is used as a flavoring and as a vegetable. It is rarely eaten raw. Stalks are sliced and used in stir-fried dishes; leaves and stalks flavor soups, braised dishes, rice and noodles throughout Southeast Asia.

Garden celery and celery root are eaten raw or cooked as vegetables, but you can also use their leaves as a flavoring. Cooking tempers the bitterness of all types of celery, but they retain their other aromatic properties. Water celery, with its mild taste, is very popular in Vietnam as a salad herb or lightly cooked, when it is added to soups, fish, and chicken dishes. Thais use it in a similar way and serve it raw with larb or blanched with nam prik. The Japanese use it for sukiyaki. It also flavors tomato salad.

The Russians and Scandinavians add the seeds to soups, and a few lightly crushed seeds give a pleasant warmth to dressings for winter vegetable salads. Indian cooks also pair celery seed with tomato in curries. Try seeds in potato salad, in cabbage dishes in stews, and in breads. Because they are so small, celery seeds are usually used whole. The flavor is strong, so use sparingly.

Celery Seed is the dried fruit of *Apium graveolens*, a biennial in the parsley family. This is the same genus and species used for growing table celery, although there are particular varieties that are used for the vegetable. The seeds are very small (about 1/16th of an inch), ovoid and light brown.

**6 Surprising Benefits of Celery Seeds:** Rich in Important Nutrients - Support Bone Health - Promote Red Blood Cell Formation - May Improve Blood Sugar Levels – May Fight Bacteria - May Have Antioxidant Properties.

## Corn Relish

### Ingredients

- 5 cups corn kernels
- 2 large tomatoes (seeded and coarsely chopped)
- 1 green bell pepper (seeded and coarsely chopped)
- 1 large cucumber (seeded and coarsely chopped)
- 1 onion (peeled and coarsely chopped)
- 1 ½ cups apple cider vinegar
- ½ cup white sugar
- 1 tsp. celery seeds
- 1 ½ tsp. mustard seeds
- 1 tablespoon salt



### Instructions

1. Add all ingredients to a large pot and bring to a boil, then reduce to a simmer – uncovered for 25 minutes.
2. Transfer to sterilized jars, seal, and store in a cool dark place. Once opened, keep jars in the fridge for up to two months.
3. NOTE: When chopping the veggies for this recipe, aim to chop them into pieces similar to the size of corn kernels.
4. NOTE: Apple Cider Vinegar – You can use white wine vinegar or white vinegar in place of the apple cider vinegar in this recipe. Recipe yields approximately 10 servings.

<https://40aprons.com/corn-relish/>

## Easy Coleslaw with Celery Seed and Apple Cider Vinegar

### Ingredients

- 1 head cabbage
- 1 small onion
- 2/3 cup carrots shredded
- ¾ cup sugar
- 1 tsp. salt
- ½ cup vegetable oil
- 1 tsp. dry mustard
- 1 tsp. celery seed
- 1 cup apple cider vinegar



## Instructions

1. Chop cabbage and onion until fine. Add in shredded carrots. (You can substitute this for a pre-packaged mix if you so desire).
2. In a small pot bring all ingredients for dressing to a boil until sugar dissolves. Remove from heat and pour over chopped ingredients.
3. Cover and place in refrigerator. This slaw will keep for a week in the fridge. You can even make it the night before you need it.

<https://www.easyonthecook.com/2014/08/easy-coleslaw-with-celery-seed-and-apple-cider-vinegar/>

## California Spaghetti Salad

### Ingredients (12 servings)

- 1 pound thin spaghetti broken into 1 inch pieces
- 1 pint cherry tomatoes chopped in half
- 2 zucchini medium, diced
- 1 cucumber large, diced
- 1 green bell pepper medium, diced
- 1 red bell pepper diced
- 1 red onion large diced
- 2 cans ripe olives (2 ¼ oz each) sliced, drained

### Dressing

- 1 bottle Italian salad dressing (16 oz)
- ½ cup Parmesan cheese grated
- 1 tablespoon sesame seeds
- 1 tsp. paprika
- ½ tsp. celery seed
- ¼ tsp. garlic powder

### Instructions

1. Cook the pasta according to package directions. Drain using a colander and rinse in cold water. Add cherry tomatoes, zucchini, cucumber, green and red bell pepper, red onion and olives in a large bowl.
2. To make dressing: Whisk together Italian salad dressing, parmesan cheese, sesame seeds, paprika, celery seed, and garlic powder. Pour over salad and toss until coated. Cover and refrigerate for 3 hours or overnight.

<https://therecipecritic.com/california-spaghetti-salad/comment-page-1/>

## Classic Three Bean Salad

### Ingredients (6 servings)

- 1 pound green beans, trimmed and cut
- ½ red onion, sliced thinly
- 1 can (15 oz.) kidney beans, drained and rinsed



- 1 can (15 oz.) garbanzo beans, drained and rinsed
- ½ cup sugar
- 2/3 cup white vinegar
- ¼ cup vegetable oil
- ½ tsp. salt
- ½ tsp. black pepper
- ½ tsp. celery seed
- Parsley, for garnish (optional)

### Instructions

1. Add the green beans to a large glass bowl with a tablespoon of water and cover with a wet paper towel.
2. Microwave for 3 minutes then let cool while cutting the onions.
3. Add everything else but the parsley to the bowl and stir together.
4. Refrigerate for at least 8-12 hours before garnishing with parsley and serving.

<https://dinnerthendessert.com/three-bean-salad/>

## The Best Deviled Eggs

### Ingredients

- 8 egg
- 2 ½ tablespoon mustard
- 1 tablespoon mayonnaise
- 1 tsp. celery seed, optional
- 1 tablespoon dried minced onion, optional
- 1 pinch salt, to taste
- Smoked paprika, to taste
- 1 tablespoon fresh parsley, chopped fine

### Instructions

1. Boil eggs to desired doneness.
2. Allow eggs to cool completely. Cut eggs in half and scoop out the yolks into a large bowl. Use a large fork to break apart and fluff the yolks.
3. Add mustard, mayonnaise, celery seeds, dried onion, and salt to the bowl. Use the fork to mash all the ingredients together until thoroughly combined. Do a quick taste test to make sure the mayonnaise/mustard/salt ratio is to your liking.
4. Transfer egg yolk mixture back into egg halves. You can either spoon it in or be decorative with a pastry bag with a decorative tip. A Ziploc bag (quart sized) with the corner cut out will work as well.
5. Garnish deviled eggs with smoked paprika and chopped parsley.
6. Keep deviled eggs refrigerated until serving.

<https://homemadehooplah.com/best-deviled-eggs/>



## Celery Seed Chicken

### Ingredients (Serves 6)

- ¼ cup (1/2 stick) butter
- ¼ cup all-purpose flour
- 1 ½ cups whole milk
- ¾ cup buttermilk
- 3 cups cooked chicken, shredded
- ¼ cup sour cream
- 1 Tablespoons celery seed
- 1 tsp. white wine vinegar
- Salt and black pepper, to taste
- 1 cup crushed buttery crackers (like Ritz)



### Instructions

1. Preheat the oven to 350 F. Spray a 2 quart baking dish with cooking spray.
2. Melt the butter over medium heat in a deep skillet large enough to hold the chicken. Whisk in the flour until smooth. Add the milk, whisking constantly, then the buttermilk, and bring to a low bubble. Cook, whisking, until thickened. The sauce may appear a little curdled, but that's just fine. Stir in the chicken, the sour cream and the vinegar until combined, then stir in the celery seeds. Taste and add salt and pepper as needed.
3. Scrape the chicken into the prepared baking dish and smooth the top. Spread the cracker crumbs in an even layer over the casserole. At this point, the dish can be cooked covered and refrigerated for up to a day before baking.
4. Bake the casserole until hot through and bubbling around the edges, about 30 minutes.

<https://therunawayspoon.com/2016/03/celery-seed-chicken-2/>

## Dr. Grundy's "Potato" Salad

### Ingredients

- 1 head cauliflower, cut into bite-sized florets and steamed until tender
- 2 turnips, peeled, quartered, and steamed until tender
- 3-4 hard-boiled eggs, chopped (omit if vegan)
- 2 ribs celery, minced
- 1 red onion, minced
- ¼ cup minced dill
- ¼ cup minced parsley
- 2 Tbsp. apple cider vinegar
- 1 ½ cup mayo or unsweetened coconut yogurt
- 1 tablespoon yellow mustard
- 1 tsp. celery seeds
- ½ tsp. black pepper
- ½ tsp. salt



- Juice of ½ lemon

### Instructions

1. In a large bowl, gently toss together your steamed cauliflower, steamed turnips, eggs, celery, onion, dill and parsley. Set the mix aside.
2. In another bowl, whisk together the vinegar, mayo or yogurt, mustard, celery seeds, black pepper and salt and lemon juice to make a thick dressing.
3. Next, fold the dressing in with the vegetable mix until your veggies are evenly coated – if needed, add a little water or coconut milk to thin it out. And then, it's ready to go.
4. NOTE – You can substitute potatoes for the cauliflower and turnips if you prefer.

<https://www.lectinfreecreations.com/lectin-free/potatosalad>

### Refrigerator Pickles

This is an old-fashioned recipe, very sweet/sour, almost like a relish. You can improvise a lot with this: add bell pepper (yellow, red, green) or slip in a few sliced jalapenos to up the heat and cut some of the sweet. Red pepper flakes will do, too.

#### Ingredients (2 quarts)

- 8 cup sliced cucumbers
- 1 cup thinly sliced celery
- 1 large onion, finely diced
- 1 tablespoon salt
- 2 cup sugar
- 1 cup white wine vinegar
- 1 tablespoon celery seed
- 1 tablespoon mustard seed



### Instructions

1. Mix cucumbers, celery, onion and salt in a large glass bowl. Let stand 1 hour. Meanwhile, mix sugar, vinegar and celery and mustard seeds in medium saucepan. Heat to boil, cook and stir until sugar is dissolved. Let cool. Drain the vegetables well and place back in bowl. Pour vinegar mixture over drained vegetables. Refrigerate, covered, until cold. Store in glass jars in refrigerator up to 2 months.
2. NOTE: You can add dill seed if you want – yummy!

<https://www.thekitchn.com/seasonal-recipe-refrigerator-p-88868>

### Celery Soda

Refreshing, unique, and healthy, an icy glass of this unusual sounding homemade soda really hits the spot on steamy summer days.

#### Ingredients

- 2 cups granulated sugar
- 1 cup of water



- 2 tablespoons of freshly crushed celery seed (lightly)
- Chilled unflavored seltzer or soda water

### Instructions

#### To Make the Syrup

1. Stir the sugar and water together in a heavy-bottomed saucepan over medium heat until sugar is fully dissolved.
2. Remove the pan from the heat and stir in the celery seeds.
3. Cover the pan and steep, off of the hot burner, for one hour.
4. After an hour, it is time to strain. Line a fine-mesh sieve or colander with dampened fine cheesecloth or coffee filters (a paper towel works in a pinch).
5. Pour the syrup into the strainer. If you need to do this in stages, do so, but try not to overflow your cheesecloth or coffee filters as this will allow celery seeds into the syrup.

#### To Serve as Soda

1. Pour 2 tablespoons of chilled syrup into a tall glass with about ¼ cup of chilled seltzer or soda water.
2. Stir well to combine so that the syrup is fully integrated into the soda.
3. Add ice to the glass and fill the rest of the glass with more chilled soda.
4. Serve immediately. Ah!

<https://www.foodiewithfamily.com/celery-soda/>

## Buffalo Chicken Sliders

### Ingredients

- 1 pound ground chicken (or turkey)
- ½ tsp. celery seed
- 2 egg white, lightly beaten
- 2 ounces blue cheese, crumbled
- ½ cup panko bread crumbs (or other breadcrumbs)
- 2 oz. hot sauce
- Salt and pepper, to taste
- 6-8 slider buns (or 4 regular hamburger buns)
- Lettuce, tomato, or other toppings

### Instructions

1. In a medium bowl add the chicken, celery seed, egg whites, blue cheese, panko, hot sauce and salt and pepper. Mix well to combine. Form into patties the size of your buns.
2. Heat a grill pan or other frying pan over medium-high heat. Spray generously with cooking spray. Grill the burgers about 3-4 minutes per side, pressing down slightly. Remove and repeat with any remaining, if necessary. Serve on toasted slider buns with your choice of condiments.
3. NOTE: Makes 6-8 sliders or 4 regular sized hamburgers.

<https://www.farmgirlgourmet.com/2011/11/buffalo-chicken-sliders.html>



## Chicken Breasts Pierre

### Ingredients (6 servings)

- 6 skinless, boneless chicken breast halves
- ¼ cup all-purpose flour
- ½ tsp. salt
- 1 pinch ground black pepper
- 3 tablespoons butter
- 1 (14.5 oz.) can stewed or diced tomatoes, with liquid
- ½ cup water
- 2 tablespoons brown sugar
- 2 tablespoons distilled white vinegar
- 2 tablespoons Worcestershire sauce
- 1 tsp. salt
- 1-2 tsp. chili powder (to taste)
- 1 tsp. mustard powder
- ½ tsp. celery seed
- 1 clove garlic, minced
- 1/8 tsp. hot pepper sauce



### Instructions

1. In a shallow dish or bowl, combine flour, ½ tsp. salt and ground black pepper. Coat chicken breasts with flour mixture. Melt butter in a large skillet over medium heat, and brown chicken on all sides. Remove from skillet, and drain on paper towels.
2. In the same skillet, combine the tomatoes, water, brown sugar, vinegar and Worcestershire sauce. Season with salt, chili powder, mustard, celery seed, garlic and hot pepper sauce. Bring to a boil; reduce heat, and return chicken to skillet. Cover, and simmer for 35-40 minutes, or until chicken is tender, no longer pink and juices run clear.
3. NOTE: Serve with pan sauces, crusty bread and a tossed green salad or even over rice.

<https://www.allrecipes.com/recipe/16707/chicken-breasts-pierre/>

## Spice Resources at Fluvanna Library

The Beach House Cookbook by Mary Kay Andrews – 641.5975 AND

The Complete Salad Cookbook by America's Test Kitchen – 641.83 AME

The Complete Summer Cookbook by America's Test Kitchen – 641.564 AME

Endless Summer by Katie Lee – 641.5973 LEE

The Kitchen Pantry Cookbook by Erin Coopey – 641.3 COO

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