

mother nature's delicacies

caraway cabbage

edible wild plants
recipes with history



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Caraway cabbage

MOTHER NATURE'S DELICACIES

01

The Recipes

Steam the cleaned caraway cabbage in a bit of water (as it crumples down), add a piece of greasy pork belly with the rind (depending on the amount of cabbage) and if liked some cooked sausages, leftover goose dripping (from Christmas) and boil the cabbage for a short time.

Later on, you can thicken the meal with pinches oat flakes and season it with salt and pepper. Serve with new potatoes in their skins, which you boil with caraway seeds from the last year (1 tablespoon), and 1 tablespoon of sea salt (and no less).





Recipes with history

CUMIN CABBAGE & RECIPE

By Detlev Henschel
www.1life4outdoor.com

But first of all, especially at this time, what is important is what the legends tell us, namely that caraway spice is antidemonic, as malodorous substances keep evil at bay. Trolls, for example, are driven away by caraway bread. Sometimes even heavy juicy farts are enough! Whether it helps against viruses is not known!

Everyone knows the popularly called caraway seeds, which have the characteristic spicy scent when they are ground. Their use in the kitchen can be traced back to the cookbook attributed to Apicius, which was probably written in the 3rd century AD.

But even the star chef of the Roman Empire Apicus knew nothing about the delicacy from my tiny home village on the North Sea coast.

Caraway (*Carum carvi*), is a biennial semi-rosette plant with root beet. Caraway is found in Europe as well as in the temperate zones of Asia to India, Bhutan, Nepal and Pakistan.

As shown here (youtube channel: 1life4outdoor) caraway grows near the sea in the foreland of the dike as well as on fertile meadows and in mountainous areas up to 2,200 metres above sea level. The best time to cut out the leaves of the young rosettes of caraway near the ground is in March and April.



A dish with a history of traditional regional cuisine is the simple ancient spring dinner from my home village. This has been passed down orally for generations. In the foothills of the dike, the gathering of caraway rosettes in spring (March, April) was for centuries the event when hordes of hungry coastal inhabitants crawled around the dike after a winter full of privation to pierce the so-called caraway cabbage.

The cleaned caraway cabbage is briefly steamed with a little water until it sags together, depending on the amount of cabbage add bacon as a piece with rind or cooked sausages, some leftover goose fat (from Christmas), then the cabbage is cooked, later bound with oat flakes and seasoned with salt and pepper.

In addition there are young potatoes in their skin, which are not peeled; just unpeeled potatoes, which are cooked with caraway (1 tablespoon) and 1 tablespoon of sea salt and no less. Caraway cabbage is prepared like kale and served with fatty pork belly and new potatoes. The dish does not taste of caraway, more like cabbage/kale!

Since the winters were long and the summers short, there was always a tablespoon of the fruit on a bottle of grain, that results in a week the so-called "Köm" - unbeatable for smoked eel. Köm tastes of course also without eel, eel rather not!

Previously, with restless children, a bowl of boiled caraway seeds used to be placed under the bed or a Köm was put in the milk. Today it's called ADHD syndrome - and there's a Valium, Rohypnol or Ritalin.

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Nutrients

CARAWAY CABBAGE

02

Nutritional value of the fresh young plant

Vitamin C 224 mg/100 g
approximately 3-4 times the daily
need.

Nutrition of the seeds (fruits):

Nutritional value per 100 g (3.5 oz)
Energy 333 kcal (1,390 kJ)

Carbohydrates

Sugars	0.64 g
Dietary fiber	38.0 g

| Source: USDA Nutrient Database



Nutrients

CARAWAY CABBAGE

Fat

Saturated	0.620 g
Monounsaturated	7.125 g
Polyunsaturated	3.272 g

Protein 19.77 g

Vitamins Quantity

Vitamin A (pro A)	18 µg
Thiamine (B1)	0.383 mg
Riboflavin (B2)	0.379 mg
Niacin (B3)	3.606 mg
Vitamin B6	0.360 mg
Folate (B9)	10.0 µg
Vitamin C	21.0 mg
Vitamin E	2.5 mg

| Source: USDA Nutrient Database



Nutrients

CARAWAY CABBAGE

Minerals Quantity

Calcium	689 mg
Iron	16.23 mg
Magnesium	258 mg
Phosphorus	568 mg
Potassium	1,351 g
Sodium	17 mg
Zinc	5.5 mg

Other constituents Quantity

Water	9.87 g
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Units

μg = micrograms • mg = milligrams
IU = International units • kcal =
kilocalories • kJ = kilo Joule

| Source: USDA Nutrient Database

