

Orange Poppy Seed Biscotti

from *The Best Bake Sale Ever Cookbook* by Barbara Grunes.
Chronicle Books, 2006.

Yields: 30 cookies

Ingredients

1/4 cup unsalted butter, at room temperature
1/4 cup sugar
1 cup egg substitute
2 1/2 cup all-purpose flour
2 tsp poppy seeds
1 1/2 tsp baking powder
1/2 tsp baking soda
1/2 tsp anise or almond extract
3 Tbsp grated orange zest

Instructions

Preheat the oven to 350°F. Spray a nonstick cookie sheet.

In a large bowl, with an electric mixer, beat the butter and sugar until light, about 2 minutes. Beat in the egg substitute. Mix in the flour, poppy seeds, baking powder, baking soda, extract, and orange zest.

Divide the dough in half. On the cookie sheet, form each half into a slightly flattened roll about 1 1/2 inches wide and 12 to 13 inches long.

Bake in the center of the oven for 20 to 25 minutes, or until firm to the touch. Cool slightly, then transfer the rolls to a cutting board.

Using a small sharp knife, cut the rolls into 1/2 inch slices. Set the cookies, cut side down, on the cookie sheet. Bake until toasted on the bottom, about 5 to 7 minutes. The cookies should feel dry to the touch. Remove to wire wracks to cool.

Tip: Biscotti are meant for dipping. Serve with a tea of compatible flavors (such as orange spice or almond).



TASTE TEST

November 2024



POPPY SEED

Poppy seeds are harmless once it is dried and before it makes its way to your kitchen, but it's culinary use has always existed alongside the use of opium as both come from the poppy plant, *papaver somniferum*.

Poppy seeds are prominent in *hamantaschen* pastry, a staple in the Jewish holiday Purim. Poppy seed pastries are popular across Europe, the Middle East, and India for thousands of years.

You may regularly see poppy seeds used in cakes and breads because their blue-gray color provides for an attractive garnish. Poppy seeds can also be used in salad dressings for texture, and in egg and potato dishes. Poppy seeds have a rich, nutty flavor.

FUN FACTS

Poppy seeds are common in gluten free and plant based cooking as a alternate to other cooking items.

Health benefits include fiber, essential fatty acids, and good amounts of calcium, potassium, and iron. They also contain essential coils that include oleic acids which may add in reducing LDL ("bad") cholesterol.



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Spinach, Red Onion & Orange Salad with Poppyseed Vinaigrette



from *Wisconsin Herb Cookbook* by Suzanne Breckenridge and Margorie Snyder, Prairie Oak Press, 2001.

Yields: 4 servings

Ingredients

10-12 oz fresh spinach
1 small red onion, halved and thinly sliced
2 oranges, peeled and sliced
1 cup blue cheese, crumbled

Vinaigrette:

3 Tbsp honey or sugar
1 1/2 tsp dry mustard
1 tsp salt
1/3 cup flavored vinegar (raspberry, blueberry, red wine, etc.)
2 Tbsp minced scallions
1 Tbsp grated onion
3/4 cup oil
1 1/2 tsp poppy seeds
1/4 cup fresh chives, minced

Instructions

Combine spinach, red onion, and oranges in a large bowl.

Combine vinaigrette ingredients and taste. Add more sugar if needed.

Before serving, pour vinaigrette on salad and toss lightly.

Sprinkle with crumbled blue cheese and serve.

Poppy-Granola Balls with Chocolate



from *Plant Based Cookbook for Beginners* by Sidney Johnson. 2021.

Yields: 8 servings

Ingredients

1/2 cup granola
1/4 cup sugar
1/2 cup golden raisins
1/2 cup sunflower seeds, shelled
1/4 cup poppy seeds
1 1/2 cup creamy peanut or almond butter
2 cup vegan chocolate chip (*option: use regular chocolate chips if non-vegan dish is desired*)

Instructions

Blend the granola, sugar, raisins, sunflower seeds, and poppy seeds in a food processor.

Stir in the peanut or almond butter and pulse until a smooth dough is formed. Leave in the fridge overnight.

Shape small balls out of the mixture and set aside.

Melt the chocolate in the microwave oven. Dip the granola balls into the melted chocolate and place on a baking sheet. Chill in the fridge for 30 minutes, until firm. Serve.

