

Caraway-Crusted Pork Tenderloin with Sauerkraut and Apples

from *The Complete One Pot* by America's Test Kitchen. 2020.

Yields: 4 servings

Ingredients

2 (12-16 ounce) pork tenderloins, trimmed
1 Tbsp caraway seeds
1 1/8 tsp table salt
1/2 tsp plus 1/8 tsp pepper
2 Tbsp vegetable oil
2 apples, cored, halved, and cut into 1/4 in thick slices
1 onion, chopped fine
1 lb sauerkraut, rinsed and squeezed dry
2 Tbsp packed light brown sugar
2 Tbsp minced fresh dill

Instructions

Adjust oven rack to middle position and heat oven to 475°. Pat tenderloins dry with paper towels and sprinkle with caraway seeds, 1 tsp salt, and 1/2 tsp pepper, pressing lightly to adhere.

Heat 1 Tbsp oil in 12-inch oven safe skillet over medium-high heat until just smoking. Brown tenderloins on all sides, 5 to 7 minutes; transfer to plate.

Add remaining Tbsp oil, apples, remaining 1/8 tsp salt, and remaining 1/8 tsp pepper to now-empty skillet and cook over medium heat until softened, about 5 minutes, scraping up any browned bits. Stir in sauerkraut and sugar. Place tenderloins on top of sauerkraut mixture and roast until pork registers 140°*, 12 to 15 minutes.

Using potholder, remove skillet from oven and transfer tenderloins to carving board, tent with aluminum foil, and let rest for 5 minutes. Slice tenderloins 1/2 inch thick. Being careful of hot skillet handle, stir dill into sauerkraut mixture and serve with pork.

**USDA recommends that pork be cooked to an internal temperature of 145° and allowed to rest for at least 3 minutes. Consuming raw or undercooked food increases the risk of foodborne illness.*



TASTE TEST

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CARAWAY SEED

Caraway seeds have a more mild flavor than other common cooking or baking seeds, but offer a flavor reminiscent of licorice. Caraway is most commonly used in German and Austrian recipes, including cakes, breads, sauerkraut, and goulash. The most common use of caraway seeds is in rye bread, giving it the seedy, nutty flavor you expect in a good rye bread.

Caraway seeds are often included as one of the most ancient spices having been found in Stone Age dwellings and used by Romans and Egyptians as a condiment and in medicines.

FUN FACTS

Caraway comes with many superstitions including placing the seeds under a baby's crib to protect against witchcraft.

Shakespeare's *Henry IV* includes a reference to caraway seeds, making it popular enough to be known to all playgoers:

"Nay, you shall see my orchard where, in an Arbour, we will eat a last year's pippin of mine own Grafting, with a dish of caraways, and so forth..." spoken by Shallow

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Deli-Style Rye



from *Artisan Bread in Five Minutes a Day* by Suzanne Jeff Hertzberg and Zoe Francois. St. Martin's Press, 2007.

Yields: 4 1-lb loaves. Can be doubled or halved if desired.

Ingredients

3 cups lukewarm water
1 1/2 Tbsp granulated yeast
1 1/2 Tbsp salt
1 1/2 Tbsp caraway seeds, plus more for sprinkling on top
1 cup rye flour
5 1/2 cups unbleached all-purpose flour
Cornmeal for pizza peel
Cornstarch wash (Mix 1/2 tsp cornstarch and water to form paste. Add 1/2 cup water and whisk with fork. Microwave or boil until mixture is glassy-about 30-60 seconds on high. Refrigerate.)

Instructions

Mixing and storing the dough: Mix the yeast, salt and caraway seeds with water in a 5-qt bowl, or a lidded (not airtight) food container.

Mix in the remaining dry ingredients without kneading. Cover (not airtight) and allow to rest at room temperature until the dough rises and collapses (flattens on top), approx. 2 hours.

The dough can be used immediately after the initial rise, but may be easier to handle when cold. Refrigerate in a lidded (not airtight) container and use within 14 days.

On baking day: Dust the surface of dough with flour and cut off a 1-lb piece. Dust with more flour and shape into a ball by stretching the surface of the dough around to the bottom on all four sides, rotating a quarter-turn as you go. Elongate the ball into an oval shaped loaf. Allow to rest and rise on a cornmeal-covered pizza peel for 40 minutes.

Twenty minutes before baking time: Preheat oven to 450° with a baking stone placed in the middle rack. Place broiler tray or oven safe baking dish below.

Using a pastry brush, paint the top crust with cornstarch wash and sprinkle with additional caraway seeds. Slash with deep parallel cuts across the loaf, using a serrated bread knife.

Slide the loaf directly onto the hot stone. Pour 1 cup of hot tap water into broiler tray and close the oven door. Bake for about 30 minutes or until deeply browned and firm.

Allow to cool before slicing or eating.

Dark Bread Soup (Schwarzbrotsuppe)



from *German Cookery* by Elizabeth Schuler. Crown Publishers, Inc. 1983.

Yields: 4-6 servings

Ingredients

1 lb dark bread (see Deli-style Rye Bread for recipe)
2 qts water
1/2 tsp caraway seeds
Salt
1 small onion
1 Tbsp cooking fat
2 bouillon cubes or cream

Instructions

Soak dark bread in water, bring to a boil, remove from heat, and strain. Bring water to a boil again, if necessary, add more water.

Chop onion finely and brown in cooking fat. Once browned, add to boiling soup.

Enrich by adding bouillon cubes or cream if desired.

