

Celery Seed

History & Uses



Apium graveolens, has three distinct cultivated varieties that are grown for different culinary and medicinal purposes. Celery seed however, comes from the original species known as smallage or wild celery. The rest of the plant is bitter and not edible. Cultivated varieties of celery are: 1. *Apium graveolens* var. dulce is the familiar plant with the long stems (petioles) that are commonly eaten raw or are cooked in soups and stews. 2. *Apium graveolens* var. rapaceum is also known as celeriac or root celery. This plant has an enlarged root tissue which is cooked in soups and stews or grated raw on salads. 3. *Apium graveolens* var. secalinum, is called smallage, cutting or leaf celery. It has slender stems (petioles) which are often hollow. The leaves are primarily used for a garnish or medicinal purposes. Woven garlands of wild celery have been found in tombs in ancient Egypt, indicating one type of historical use. Around 573 BCE, Greek winners of the Nemean Games wore wreaths of smallage leaves. Celery seed was first used as a medicinal plant and is believed to be the plant mentioned as salinon in Homer's 'Odyssey' in 850 BCE. This was pungent and bitter and used only for medicine. Over thousands of years, celery seed has been used to treat a wide variety of conditions ranging from skin disorders, colds, bronchitis, and the flu. It has also been used to treat anxiety, arthritis, gout and high blood pressure. The Greeks used celery seed to create a particular wine and Romans used celery seed for flavoring food. In 16th century Italy, celery emerged as a true vegetable and the above mentioned types were described in horticultural literature. The flavor of celery seed is much like celery. In addition, it has a savory and earthy quality. When ground, it can also be bitter. Often used whole, celery seed is commonly used in brine and pickling spice blends, herbal seasoning blends, marinades, dry rubs, and dressings for coleslaw and potato salad. Ground or powdered celery seed is used in smooth sauces like ketchup and barbecue sauce.

Hot German Potato Salad



INGREDIENTS

- 9 potatoes, peeled (red are recommended)
- 6 slices bacon
- $\frac{3}{4}$ cup chopped onions
- 2 tablespoons all-purpose flour
- 2 tablespoons white sugar
- 2 teaspoons salt
- $\frac{1}{2}$ teaspoon celery seed
- $\frac{1}{8}$ teaspoon ground black pepper
- $\frac{3}{4}$ cup water
- $\frac{1}{3}$ cup distilled white vinegar

INSTRUCTIONS

1. Place potatoes in a large pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until tender, about 20 minutes. Drain, cool, and slice thin.
2. Place bacon in a large, deep skillet. Cook over medium-high heat until evenly brown. Drain, crumble, and set aside, reserving drippings.
3. Sauté onions in bacon drippings over medium heat until they are golden brown.
4. Whisk flour, sugar, salt, celery seed, and pepper together in a small bowl; stir into onions and cook until bubbling, then remove from heat. Stir in water and vinegar; bring to a boil over medium heat, stirring constantly, and simmer for one minute. Gently stir bacon and sliced potatoes into the onion mixture until potatoes are heated through.

Amish Macaroni Salad



INGREDIENTS

- 2 cups uncooked elbow macaroni
- 3 large hard-cooked eggs, chopped
- 1 small onion, chopped
- 3 stalks celery, chopped
- 1 small red bell pepper, seeded and chopped
- 2 tablespoons dill pickle relish
- 2 cups creamy salad dressing (e.g. Miracle Whip)
- $\frac{3}{4}$ cup white sugar
- 3 tablespoons prepared yellow mustard
- 2 $\frac{1}{4}$ teaspoons white vinegar
- $\frac{3}{4}$ teaspoon celery seed
- $\frac{1}{4}$ teaspoon salt

INSTRUCTIONS:

1. Bring a large pot of lightly salted water to a boil. Cook elbow macaroni in boiling water, stirring occasionally, until tender yet firm to the bite, about 8 minutes. Drain and set aside to cool.
2. Combine eggs, onion, celery, bell pepper, and relish in a large bowl. Stir together salad dressing, sugar, mustard, vinegar, celery seed, and salt in a small bowl. Pour over eggs and vegetables. Top with cooled macaroni; stir until well combined. Cover and chill in the refrigerator for at least 1 hour before serving.

Chicken Breasts Pierre

INGREDIENTS

- 6 skinless, boneless chicken breast halves
- $\frac{1}{4}$ cup all-purpose flour
- $\frac{1}{2}$ teaspoon salt
- 1 pinch ground black pepper
- 3 tablespoons butter
- 1 (14.5 ounce) can stewed tomatoes, with liquid
- $\frac{1}{2}$ cup water
- 2 tablespoons brown sugar
- 2 tablespoons distilled white vinegar
- 2 tablespoons Worcestershire sauce
- 1 teaspoon salt
- 2 teaspoons chili powder
- 1 teaspoon mustard powder
- $\frac{1}{2}$ teaspoon celery seed
- 1 clove garlic, minced
- $\frac{1}{8}$ teaspoon hot pepper sauce



INSTRUCTIONS:

1. In a shallow dish or bowl, combine flour, $\frac{1}{2}$ teaspoon 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 to 40 minutes, or until chicken is tender, no longer pink and juices run clear.