

**10TH ANNUAL
CULINARY WEEK**



Anderson University Center
April 2-6, 2018

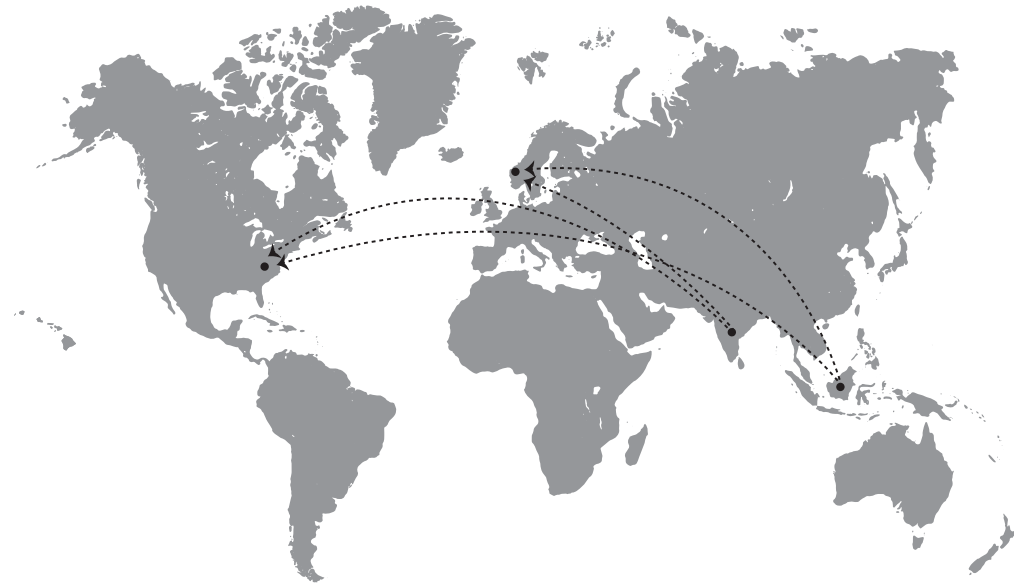


Following the way
food evolves as
populations migrate.



SPICES

Hosted by:
Erica Fickeisen



FOLLOW THE FOOD



Dukkah

from Taste.com

Heat Oven to 350°F

Ingredients:

110g (2/3 cup) hazelnuts	2 teaspoons freshly ground black pepper
80g (1/2 cup) sesame seeds	1 teaspoon flaked sea salt (like Maldon brand)
2 tablespoons coriander seeds	Extra virgin olive oil, to serve
2 tablespoons cumin seeds	Crusty bread, to serve

Method

Spread the hazelnuts over a baking tray and cook in preheated oven for 3-4 minutes or until toasted. Rub the hazelnuts between a clean tea towel to remove as much skin as possible.

Place the toasted hazelnuts in the bowl of a food processor and process until coarsely chopped. Transfer to a large bowl.

Heat a medium frying pan over medium heat. Add the sesame seeds and cook, stirring, for 1-2 minutes or until golden. Add to the bowl with the hazelnuts.

Place coriander seeds and cumin seeds in frying pan over medium heat, and cook, stirring frequently, for 1-2 minutes or until aromatic and seeds begin to pop. Transfer seeds to a mortar and pestle. Pound until finely crushed (alternatively, use a coffee or spice grinder). Add the crushed spices, pepper and salt to the hazelnut mixture and mix well.

Serve dukkah with some extra virgin olive oil and crusty bread.

Mjuk Pepparkaka: Moist Spice Cake

<https://www.popsugar.com/food/Swedish-Spice-Cake-26073299>

Heat Oven to 350°F

Ingredients:

450 ml (scant 2 cups) all-purpose flour	5 ml (1 teaspoon) ground ginger
200 ml (heaping 3/4 cup) sugar	2.5 ml (1/2 teaspoon) ground cardamom
100 ml (scant 1/2 cup) brown sugar	2.5 ml (1/2 teaspoon) of ground cloves
15 ml (1 tablespoon) baking powder	2 large eggs, beaten
2.5 ml (1/2 teaspoon) salt	150 ml (scant 2/3 cup) whole milk
7.5 ml (1-1/2 teaspoons) ground cinnamon	1 stick (8 tablespoons) unsalted butter, melted and cooled slightly

Method

In a large bowl, mix together all dry ingredients. In another bowl, mix together eggs and milk. Add wet mixture to the dry ingredients. Mix well. Add the melted butter gradually, taking care to incorporate. The batter should be smooth.

Transfer the batter into a buttered and floured round 9" cake pan (or in a fancy heart-shaped mold). Bake for 35 to 40 minutes or until that the cake is golden and a toothpick inserted in center comes out clean and dry.

Let cool for about half an hour before unfolding. Remove from pan and transfer to a cake rack. Cool completely before cutting. Serve at room temperature alone or with whipped cream and lingonberry jam.