



Whole Poppy Seed

Nutty and pleasant in taste, poppy seeds are nutritious oilseeds used as a condiment in cooking. They are the seeds obtained from the dry fruit pods of the poppy plant.

Poppy seeds are found in many cultures. They are used in the form of whole seeds, ground or as thick or thin paste in recipes. Their flavor is somewhat augmented by roasting them in a pan under mild heat. Gentle frying releases special aromatic essential oils in the seeds and adds to their crunchiness.

Poppy seeds are high in polyunsaturated fats, which makes them vulnerable to oxidation and they can turn rancid. Buy good quality whole seeds. Store seeds in a cool, dry, dark place, in an airtight container where they will stay fresh for up to six months.

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682452 6/20 oz.

Almond Poppy Seed Bread

20 min. Bake: 55 min. + cooling

Ingredients

2-1/4 cups sugar
1 cup plus 2 tablespoons canola oil
3 eggs
3 tablespoons poppy seeds
1-1/2 teaspoons lemon juice
1-1/2 teaspoons almond extract
1-1/2 teaspoons vanilla extract
3 cups all-purpose flour
1-1/2 teaspoons baking powder
1 teaspoon salt
1-1/2 cups 2% milk

Glaze

3/4 cup confectioners' sugar
1/4 cup orange juice
1 teaspoon vanilla extract
1/2 teaspoon almond extract



Directions

In a large bowl, combine the sugar, oil, eggs, poppy seeds, lemon juice and extracts; beat until well blended. Combine the flour, baking powder and salt; add to sugar mixture alternately with milk, beating just until moistened. Pour into two greased 8-in. x 4-in. loaf pans. Bake at 350° for 55-60 minutes or until a toothpick inserted near the center comes out clean. Combine glaze ingredients until smooth; drizzle over warm loaves.

Cool 10 minutes before removing from pans to wire racks. Yield: 2 loaves (16 slices each).

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