



## *Celery Seed*



Celery seed is related to the vegetable celery we purchase by the stalk, but this little brown seed is actually the fruit of *Apium graveolens*, a member of the parsley family. Much of the celery seed available to us comes from India, but small amounts are also grown in China, France and California. The French variety is more mild than the somewhat bitter seed from India and China.

A common ingredient in pickling, celery seed accents a wide variety of foods. Beyond the typical tomato juice or vegetable salad, think of it for fish, eggs or meat dishes. Stir a bit of celery seed into your next coleslaw or potato salad dressing for extra zest. Take care when seasoning with celery seed to avoid overpowering a dish. [www.apinchof.com](http://www.apinchof.com)



**680457 6/16 oz.**

### ***Grandmother's Beef Stew***

#### **Ingredients**

- 2 1/2 to 3 pounds beef chuck or other stew meat, cut into 1-inch cubes
- 3 tablespoons flour
- 3/4 teaspoon salt or to taste
- 1/4 teaspoon ground black pepper
- 4 medium (2 1/2 cups) potatoes, peeled and cut into 1/2-inch cubes
- 4 medium (2 cups) carrots, peeled and sliced
- 1 medium onion, peeled and cut into quarters
- 1 cup boiling water
- 1 teaspoon beef bouillon granules
- 1/2 cup ketchup
- 1 bay leaf
- 1 tablespoon parsley flakes
- 2 teaspoons Worcestershire sauce
- 1 teaspoon thyme leaves
- 1 teaspoon dill seed
- 1/4 teaspoon celery seed

#### **Preparation**

On a sheet of wax paper, combine flour, salt and pepper; dredge meat cubes in flour mixture, coating each piece lightly. Place meat in a slow cooker. Add potatoes, carrots, and onion to cooker. In a 1-cup measure, combine boiling water and beef bouillon. Add mixture to cooker with remaining ingredients; stir to mix well. Cover and cook at low setting for 10 to 12 hours or at high setting for 4 to 6 hours. Stir stew thoroughly and remove bay leaf before serving.

