



Cilantro or Coriander

One of the first herbs and spices ever used in cookery

- There is no substitute for the fresh leaves.
- When the leaves are cooked the strong flavor is somewhat tamed, giving a deeper more expansive flavor rather than a sharp, contrasting accent.
- Because its flavor changes with cooking, it is usually added to cooked dishes just before serving.
- Use much the same way you do parsley - but less generously - unless you like a predominately licorice flavor.
- Flavor combines well with sage and lemon - compliments flavors such as garlic and chives.
- Goes well with beans, corn, pork and poultry.
- Enlivens sausages and eggs, cheese and pasta and marinades for barbecued meats.

Leaves

Use in dishes with many flavors
Use in spicy foods such as curries
Use in tempura
Chop on to fish
Add to cream cheese
Stuff inside chicken before roasting
Warm with butter for a piquant sauce for vegetables such as garbanzos and corn

Seeds

Used as an an ingredient in curry and chili powder; pickling spices; sausages; many baked goods; and the center of jawbreakers and confits
Add seeds to salads and fish; peach and apple cobblers; breads; chicken or beef stock
Chew to aid digestion and keep breath fresh

Flowers

Use as a garnish and in bouquets

The word coriander comes from the Greek word korios meaning bedbug!

is used by the

Chinese in seafood, chicken and pork dishes

Japanese as a garnish

Arabic in lamb and vegetable dishes

Portuguese in meat and fish stews

Russians in a tasty sauce that combines fresh coriander, walnuts, yogurt, red pepper and garlic

In the New World it is known as cilantro and used through out Mexico and South America. Cilantro is what parsley is to those who live north of the border.

It

- floats in soups and flavors rice
- is wrapped in savory tacos
- is sprinkled over guacamole and salads
- enhances tomato and chili salsas
- spooned over tacos, toastada chips and grilled meats
- used with guacamole, beans, and red and green tomato salsas

Classic Gazpacho

- 2 large tomatoes (about 1 pound)*
- 1 large cucumber, peeled, halved lengthwise, seeded*
- 1 medium onion*
- 1 large roasted red bell pepper*
- 3 cups tomato juice*
- ½ cup chopped fresh cilantro*
- ¼ cup red wine vinegar*
- ¼ cup olive oil*
- ¼ teaspoon hot pepper sauce (Such as Tabasco)*

Cut 1 tomato, 1/2 cucumber and 1/2 onion into 1-inch pieces and transfer to processor. Add bell pepper and puree. Transfer to bowl. Add *tomato juice, cilantro, vinegar, oil and hot pepper sauce*. Seed remaining *tomato*. Dice remaining *tomato and cucumber* and *onion* halves and add to soup. Season with salt and pepper. Refrigerate. Serve well chilled. 6 servings

Pineapple Grapefruit Delight

Simmer, covered 2 ¼ cups pineapple-grapefruit juice, ¼ cup dried mint flakes and 5 coriander seeds. Strain and chill juice. For a stronger spice note, chill before straining.

Moroccan Lamb Stew

- 3 tablespoons olive oil
- 1 large onion, thinly sliced
- 1 tablespoon chopped fresh ginger
- 1 teaspoon ground coriander
- 3 ½ pounds boneless lamb, cut in 1-inch cubes
- 1 cup moist dried apricots
- 12 large sprigs fresh coriander
- 2 bay leaves
- 1 sprig fresh thyme
- 3 sticks whole cinnamon
- 2 tablespoons lemon juice
- Salt and black pepper, to taste

In a heavy Dutch oven, heat *olive oil*. Add *onion*, *ginger*, and *ground coriander*. Sauté for 2 minutes. Add *lamb* and stir to coat with the onion mixture. Cover and cook over low heat for about 1 hour, adding a little water if necessary to prevent sticking. Stir in *apricots*. Tie 6 sprigs of fresh *coriander*, *bay leaves*, *thyme*, and *cinnamon* together with kitchen string. Place on top of meat; cover and simmer until *apricots* are tender, about 10 minutes.

Remove from heat and discard *coriander-cinnamon bouquet*. With a slotted spoon, remove *lamb* and *apricots* to a heavy serving platter. Keep warm. Stir *honey* into pan juices; boil to reduce and thicken the sauce. Stir in *lemon juice* and season with *salt* and *pepper*, to taste. Pour the heated sauce over the *lamb*. Coarsely chop remaining fresh coriander and sprinkle over lamb. Serves 6.

Stir-Fried Snow Peas with Coriander

- 2 tablespoons cooking oil
- 1 cup thinly sliced scallions
- 4 cups snow peas
- ½ cup chicken broth
- 2 teaspoons cornstarch
- ½ cup finely chopped coriander leaves
- Soy sauce (optional)
- Sugar (optional)

Heat oil in a wok or large skillet until it is almost smoking hot. Add the *scallions* and *snow peas*, and toss them quickly, just until they are coated with oil. Add *chicken broth*, cover skillet, and cook for 3 minutes while you mix *cornstarch* with 2 tablespoons water and the *coriander leaves*. Stir mixture quickly into *peas*, and cook, stirring, until sauce thickens. Taste, and add a little *soy sauce* and/or *sugar* if you like. Serves 4.

