

# CORIANDER

Coriander is native to regions spanning from Southern Europe and Northern Africa to Southwestern Asia. Coriander is also known as Chinese parsley, dhania, or cilantro. All parts of the plant are edible, but the fresh leaves and the dried seeds (which are both an herb and a spice) are the parts most traditionally used in cooking. Most people perceive coriander as having a tart, lemon/lime taste, but to nearly a quarter of those surveyed, the leaves taste like dish soap, linked to a gene that detects some specific aldehydes that can produce soapy sensation from the odorant substances.



The leaves are variously referred to as coriander leaves, fresh coriander, Chinese parsley, or (in the US and Canada) cilantro. The fresh leaves are an ingredient in many foods, such as chutneys and salads, salsa, guacamole, and as a widely used garnish for soup, fish, and meat. In Indian and Central Asian recipes, coriander leaves are used in large amounts and cooked until the flavor diminishes.

The dry fruits are coriander seeds. Coriander is commonly found both as whole dried seeds and in ground form. Outside of Asia, coriander seed is used widely in the process for pickling vegetables. In Germany and South Africa, the seeds are used while making sausages. Coriander seeds are used in brewing certain styles of beer, particularly some Belgian wheat beers. The coriander seeds are used with orange peel to add a citrus character. Coriander seeds are also one of the key botanicals used to flavor gin.

## GARLIC, SPINACH & CHICKPEA SOUP

### INGREDIENTS

- 2 tbsp olive oil
- 4 cloves garlic, peeled & crushed
- 1 medium onion, coarsely chopped
- 2 tsp ground cumin
- 2 tsp ground coriander
- 1 1/3 vegetable stock
- 3 medium potatoes, peeled and chopped
- 1 (15 oz) can garbanzo beans, drained
- 1 cup heavy cream
- 2 tbsp tahini
- 2 tbsp corn meal
- 1/2 lb spinach, rinsed and chopped
- Ground cayenne pepper to taste
- Salt to taste

### INSTRUCTIONS

1. Heat olive oil in a large pot over medium heat. Stir in garlic and onion. Cook until tender. Season with cumin and coriander.
2. Add vegetable stock and potatoes and bring to a boil. Reduce heat, and simmer about 10 minutes. Stir in garbanzo beans, and continue to cook until potatoes are tender.
3. In a small bowl, blend heavy cream, tahini, and cornmeal. Mix into the soup.
4. Stir spinach into the soup. Season with cayenne pepper and salt. Continue to cook until spinach is heated through.



# PEACH CORIANDER BREAD



## INGREDIENTS

- 1 cup sugar
- 4 tbsp butter
- 1 egg beaten
- 2 cup flour
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 2 tbsp ground coriander
- 1 cup mashed peaches
- 2 tbsp sour cream
- 1/2 tsp orange or almond extract
- 1/2 chopped walnuts

## INSTRUCTIONS

1. In a bowl, cream together the sugar and butter. Add in the egg, sour cream and extract.
2. In a large bowl, combine the flour, baking powder, baking soda, salt and coriander. Whisk to combine and set aside.
3. Add the wet ingredients to the dry ingredients and stir together until just combined. Once everything is mixed, fold in the peaches and walnuts.
4. Pour the batter into a greased loaf pan and bake at 350° degrees for 60 minutes or until the center is set.
5. Let the loaf rest for 5-10 minutes in the loaf pan before turning it out onto a rack to cool completely to room temperature.

# PHO SPICED BEEF SHISH KEBAB



## INGREDIENTS

- 1 tsp star anise powder
- 1/2 tsp clove powder
- 1/2 tsp cinnamon
- 1/2 tsp ginger
- 1/2 tsp fennel powder
- 1/2 tsp coriander powder
- 1/2 tsp black pepper
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- 1 lb filet mignon
- 2 jalapenos
- 2 red onions
- Thai basil (optional, for garnish)
- Cilantro (optional, for garnish)

## INSTRUCTIONS

1. In a small bowl, combine all the spices and mix well. This is your Pho spice mix.
2. Dice the filet mignon into 1 or 1 1/2 inch cubes. Place the diced cubes in a ziplock bag and add the Pho spice mix. Mix the meat and the spices in the bag until all of the spices are fully coating and clinging to the meat.
3. Seed the jalapenos. (*Kitchen tip: Use plastic gloves when prepping spicy peppers*). Dice the peppers and onions to about the same size as the filet mignon cubes. Combine the diced veggies in a bowl and season with salt and pepper to taste.
4. Thread the filet mignon, onions and jalapenos onto 4 skewers. (*instructions continued on backside*)

INSTRUCTIONS (continued)

5. Cook the kebabs. For a coal grill, place the skewers directly onto the grill and cook for 2—2 1/2 minutes on each side. For a gas grill or pan, heat to medium-high, and cook the kebabs for 4—5 minutes on each side. Watch the kebabs carefully to make sure they don't dry out while cooking.
6. Serve each skewer hot off the grill with Hoisin Sauce and Sriracha, and Thai basil & cilantro if desired.