

# Fluvanna County Public Library

## Spice of the Month Club

### Coriander Powder

**Flavor Profile: Nutty, Floral, and Citrusy**

The term coriander can be used to describe the entire plant – seeds, stems, and leaves. Coriander powder, or ground coriander, is simply the ground version of whole coriander seeds. It is referred to as Dhaniya Powder in Hindi. It can be made with or without roasting the coriander seeds. Both add a different texture and flavor to the dish. While coriander seeds are mostly used for making spice blends, pickling spices and spice pastes, ground coriander is added to curries, soups, stir fries and more.



Coriander is native to regions from southern Europe and North Africa to southwestern Asia. It is one of the oldest herbs and spices recorded in history. The plant has mentions in the Bible, while seeds have been discovered in ruins from the Bronze Age.

A few plants serve cooks as both herb and spice, and of these coriander is undoubtedly the most widely used in both its forms. As a spice crop it is grown in Eastern Europe, India, the US, and Central America, as well as in its native habitat of western Asia and the Mediterranean. In all of these regions, it is used extensively, sometimes in combination with its leaf, commonly called cilantro.

There is sometimes some confusion with the distinction between coriander and cilantro because the two terms are used interchangeably in other parts of the world. The name cilantro comes from the Spanish word for coriander, or Chinese parsley. Many European recipes, for instance, use the term coriander to refer to both the spice and the herb, aka coriander seeds and coriander leaves. In the United States, however, the seeds are called coriander while the leaves are called cilantro.

**Culinary Uses:** Cooks use coriander seeds in larger amounts than they do many other spices because the flavor is mild. After dry-roasting, coriander forms the basis of many curry powders and masalas. North African cooks use it in harissa, tabil, ras el hanout, and other spice mixtures. Georgian khmeli-suneli and Iranian advieh mixtures usually include it, as do Middle Eastern Baharat blends; throughout the region coriander is a popular flavoring for vegetable dishes, stews, and sausages. Crushed green olives that are flavored with coriander are a specialty of Cyprus. In Europe and the US, coriander serves as a pickling spice and gives a pleasant, mild flavor to sweet-sour pickles and chutneys. West Indians cooks use it in masalas, and in Mexico it is often paired with cumin. French vegetable dishes a la grecque are flavored with coriander. It is a useful spice to add to marinades, to court-bouillon for fish, or to stock for soup. It is also a constituent of English mixed sweet spice, much used in cakes and cookies. Its flavor combines well with those of autumn fruits – apples, plums, pears, quinces – baked in pies or stewed in compotes.

**Essential to** harissa, tabil, dukka, most masalas

**Good with** apples, chicken, citrus, fruit, fish, ham, mushrooms, onions, plums, pork, potatoes.

**Combines well with** allspice, chili, cinnamon, cloves, cumin, fennel, garlic, ginger, mace, nutmeg

As an herb, coriander has always warranted a strong reaction—people either love it or hate it—but it's a plant that is useful in its entirety—from roots to seeds and leaves. Ground into a fine powder or left whole,

coriander seeds are a warm spice that can be added to sweet and savory dishes in cuisines from across the world.

**Benefits of Coriander:** According to Healthline, coriander packs a wide array of health benefits, including that it:

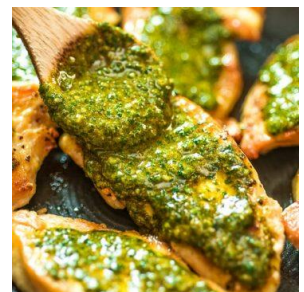
- May help lower blood sugar by promoting the removal of sugar from the blood.
- Is a rich source of immune-boosting antioxidants to help fight inflammation.
- May benefit heart health by lower the “bad” LDL cholesterol
- May benefit brain health by improving memory and reducing anxiety symptoms
- Promotes digestion and gut health and it is good for liver function.
- Helps fight infections that cause foodborne illnesses.
- Helps protect your skin from aging and sun damage.

## Chermoula Sauce (Moroccan)

Chermoula is a flavorful sauce that is popular in North African countries. It pairs well with fish, seafood, meat, poultry, and vegetables. It tastes like a mix between pesto and chimichurrie.

- 3 tsp. ground cumin
- ½ tsp. ground coriander
- 2 tsp. paprika
- 1 cup chopped fresh cilantro (substitute parsley if you don’t like cilantro)
- 1 cup chopped fresh parsley
- ½ cup extra virgin olive oil
- ¼ cup freshly squeezed lemon juice
- 4 garlic cloves, chopped
- ½ tsp. salt
- A pinch cayenne pepper or to taste

1. Place the cumin, coriander, and paprika in a frying pan and cook over medium heat for 30-60 seconds, or until fragrant.
2. Combine these spices with the rest of the ingredients and pulse in a food processor until smooth.
3. NOTE: Good for up to 3 weeks in the refrigerator. To freeze: drop spoonfuls into an ice cube trays that have been greased with olive oil.



### Serving Ideas:

- With Fish – Spread a spoonful of Chermoula Sauce on top of your favorite fish. Let it marinate for a couple of hours or overnight. Place the marinated fish on a baking dish, and bake until cooked through.
- With Shrimp – Sauté the shrimp with olive oil for a couple of minutes. Add some Chermoula Sauce to the skillet, and cook for another minute.
- With Chicken – Pan-fry or bake the chicken, and top it with fresh Chermoula.



- With Couscous – Cook the couscous according to the package instructions and stir in a spoonful of Chermoula.
- With Orzo and Feta – Cook the orzo according to the package instructions. Stir in a spoonful of Chermoula and some crumbled feta cheese.
- With Tofu – Pan-fry the tofu “steak” and top it with a generous amount of Chermoula Sauce
- With Roasted Vegetables – Cut zucchini into ½-inch thick circles and fry in a little oil until cooked through. Spread chermoula over it and serve. Season cauliflower “steaks” with salt and pepper. Fry in a little oil on an oven-safe griddle. Bake for another 15 minutes at 350F allowing the cauliflower to cook fully. Spread a generous amount of chermoula on top.

<https://cooktoria.com/chermoula-sauce/>

## Indian Cauliflower Rice (Vegan)

- 1 Tablespoon olive oil
- ½ tsp. mustard seeds
- 12 oz. cauliflower rice frozen or fresh
- ½ tsp. turmeric
- ½ tsp. Kashmiri red chili powder (or cayenne)
- ½ tsp. ground coriander

For Finishing

- Squeeze of lime
- 2-3 Tablespoons chopped cilantro (or parsley)

1. Heat a skillet on medium-high heat. When hot, add oil and mustard seeds. When mustard seeds begins to splutter, add the cauliflower rice. If using frozen, no need to thaw, just add to the pan.
2. Sauté 2-3 minutes until the moisture from the cauliflower rice dries out. Add salt and spices and sauté for another 3-4 minutes, until it reaches your desired doneness.
3. Turn off the heat. Lightly squeeze lime and garnish with fresh chopped cilantro (or parsley if preferred). Transfer to a serving bowl to stop the cooking.

<https://spicecravings.com/cauliflower-rice>

## Lemon Poppy Seed Cookies (Makes 24 cookies)

- 2 cups all-purpose flour
- 1 ½ tsp. lemon zest
- 1 tsp. ground coriander
- 2 Tablespoons poppy seeds
- ¾ cup salted butter, softened
- 1 cup white sugar
- 2 large egg yolks
- 1 large egg
- 1 ½ tsp. lemon extract



1. In a medium bowl combine the flour, baking soda, lemon zest, coriander and poppy seeds. Mix well with a wire whisk and set aside.
2. In a large bowl cream together the butter and sugar with an electric mixer at medium speed until the mixture forms a grainy paste.
3. Scrape down the sides of the bowl (this ensures that the butter and sugar are thoroughly blended to provide a consistent base for the remaining ingredients). Then add the egg yolks, egg, and lemon extract. Beat at medium speed until light and fluffy.
4. Drop by rounded teaspoonfuls onto an ungreased cookie sheets, 2 inches apart. Bake at 300F for 23-25 minutes or until cookies are slightly brown along the edges. Immediately transfer the cookies with a spatula to a cool surface.

<https://www.food.com/recipe/lemon-poppy-seed-cookies-336564>

## Black Bean Quesadillas

- ½ cup onion finely chopped, about ½ an onion
- 2 cups bell peppers finely chopped, about 1 big bell pepper or 3-4 small rainbow peppers and/or jalapenos to taste
- ¾ cup corn frozen or fresh
- 1 (15 oz.) can black beans, or around 2 cups cooked beans
- ½ cup cilantro chopped (or parsley if preferred)

### Spices

- 1 tsp. ground cumin
- 2 tsp. chili powder
- 1 tsp. ground coriander
- ½ tsp. paprika
- ½ tsp. salt – adjust to taste
- ¼ tsp. cayenne (optional)

### Quesadillas

- 6 whole-wheat tortillas
- 3 cups shredded cheese

1. Chop onions and peppers. Rinse and drain cilantro and roughly chop it. Drain and rinse canned black beans.
2. Heat a nonstick pan on medium-high heat. Add 2 tablespoons olive oil. Add black beans, onions, peppers, and corn, and sauté for 2 minutes. If adding jalapenos, add in this step and sauté along.
3. Add chili powder, paprika, coriander, cumin and salt and sauté for another 1 minute. Turn off the heat.
4. Stir in cilantro and remove the filling in a bowl. Using tongs and a wet kitchen towel, carefully wipe the hot pan clean.
5. Spread about ¼ cup of shredded cheese on one-half of a tortilla. Adjust the quantity of cheese based on your liking.
6. Using a spoon, spread about ¼ cup of the bean and corn filling on top of that.
7. Top that with another ¼ cup of shredded cheese (adjust to taste). Fold over the plain half of tortilla, to make a half moon.





8. Heat the nonstick pan on medium-high heat. Add 1-2 teaspoons of olive oil.
9. Place two quesadillas in the pan and brush some olive oil on top. Cook for about a minute on this side, or until golden crisp.
10. Using tongs or a spatula, flip the tortillas over. Cook for another minute or so, until it reaches the desired crispness.
11. NOTE: There are directions on the webpage to make this recipe in an air fryer or in the oven.
12. NOTE: You can also customize your fillings – you can skip the beans and make a veggie quesadillas as well. Sauté assorted vegetables like chopped zucchini, peppers, squash, corn, etc for 2 minutes and follow the remaining instructions.

<https://spicecravings.com/black-bean-quesadillas>

## Guacamole

- 4 medium ripe avocados, halved and pitted
- ½ cup finely chopped white onion (about ½ small onion)
- ¼ cup finely chopped fresh cilantro
- 1 small jalapeno, seeds and ribs removed, finely chopped
- 3 Tablespoons lime juice (from about 1 ½ limes), or more if needed
- ¼ tsp. ground coriander
- 1 tsp. kosher salt, more to taste



1. Using a spoon, scoop the flesh of the avocados into a low serving bowl, discarding any bruised browned areas.
2. Using a pastry cutter, potato masher, or fork, mash up the avocado until it reaches your desired texture.
3. Promptly add the onion, cilantro, jalapeno, lime juice, coriander, and salt. Stir to combine.
4. Taste and add additional salt, until the flavors really sing. If it needs more zip, add a little more lime juice (or, if it tastes too limey already, don't worry – it will mellow out after a brief rest).
5. NOTE: This guacamole is perfect as is, but if tomatoes are in season, try adding in chopped ripe, red, seeded tomatoes. If you want to get crazy, try garnishing your guacamole with crumbled cotijah or feta cheese, chopped chipotle peppers in adobo sauce or sun-dried tomatoes, and/or toasted slivered almonds or pepitas.
6. NOTE: How to store leftovers: Transfer the guacamole to a suitably sized container to reduce the surface area available for browning. Place a generous hunk or half of onion on top and cover the container with plastic wrap. Leftovers will keep well, refrigerated, for about 3 days. Just remove the onion before serving. If the top turns light brown, just scoop off the browned bits and you should find bright green underneath.

<https://cookieandkate.com/best-guacamole-recipe/>

## Garlic Coriander Potatoes

- 2 Russet potatoes, cut into cubes
- 1 Tablespoon fresh garlic, minced
- 3 Tablespoons olive oil
- 2 tsp. ground coriander
- 1 tsp. ground cumin
- 1 tsp. red chili flakes



- Salt and pepper to taste
  - ½ cup fresh cilantro, chopped (optional)
1. Dice your potatoes into half-inch cubes and deep fry until they are cooked and become golden crisp. This should take about 1- minutes. Remove from oil and place on kitchen paper towels.
  2. In a skillet on medium heat, cook the minced garlic, in olive oil for 1 minute. Add the potatoes and all spices.
  3. Mix well.
  4. Garnish with fresh chopped cilantro and drizzle with a bit of olive oil. Serve warm.

<https://gusscooks.com/garlic-coriander-potatoes/>

## Orange Spiced Pork Chops

- 6 boneless pork chops, ½ to ¾ inches thick
- 2 ¼ tsp. ground coriander, divided
- ½ tsp. ground cumin
- ¼ tsp. garlic powder
- 1 Tablespoon olive oil
- ¾ cup orange juice
- ½ cup chicken stock
- 2 tsp. cornstarch
- 2 green onions, thinly sliced



1. Season pork chops with salt and pepper. Mix 2 tsp. of the coriander, cumin, and garlic powder. Sprinkle over chops.
2. Heat oil in large nonstick skillet on medium heat. Add chops, cook 5 minutes per side or until desired doneness. Remove chops from skillet; keep warm.
3. Mix orange juice, chicken stock, cornstarch and remaining ¼ tsp. coriander in small bowl with wire whisk until smooth. Add to skillet, bring to boil. Add green onion; reduce heat to low. Simmer 1 minute or until thickened. Spoon sauce over pork chops.

<https://www.mccormick.com/gourmet/recipes/main-dishes/orange-spiced-pork-chops>

## Red Lentil Hummus

- 1 cup red lentils
- 1 large clove garlic, grated
- ¼ cup tahini
- 2 tsp. grated lemon zest
- 3 Tablespoons lemon juice
- ½ tsp. ground cumin
- ½ tsp. ground coriander
- ½ tsp. kosher salt
- ½ tsp. pepper
- Fresh vegetables, for serving



1. Cook red lentils per package directions; reserve ½ cup cooking liquid and transfer lentils to food processor.

2. Add garlic, tahini, lemon zest, lemon juice, cumin, coriander, salt and pepper, then puree until smooth, adding some reserved liquid if hummus seems too thick. Serve with fresh vegetables for dipping.

<https://www.prevention.com/food-nutrition/recipes/a38006861/red-lentil-hummus-recipe/>

## Coriander Chicken with Tomato Corn Salad

### Chicken

- 1 Tablespoon olive oil
- 1 ½ tsp. ground coriander
- ½ tsp. salt
- ½ tsp. ground cumin
- ¼ tsp. chili powder
- 1/8 tsp. ground cinnamon
- 1/8 tsp. black pepper
- 4 boneless skinless chicken breast halves (6 oz. each)

### Salad

- 2 cups cherry tomatoes, halved
- ¼ cup sliced green onion top
- 2 Tablespoons thinly sliced fresh basil
- 1 tablespoon balsamic vinegar
- 1 tsp. olive oil
- ¼ tsp. salt
- 1/8 tsp. black pepper
- 1 cup corn kernel (from a 7oz can, or frozen or fresh)

### Instructions

1. To prepare the chicken: Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat.
2. Combine coriander and the next 5 ingredients (coriander through 1/8 tsp. black pepper); rub evenly over both sides of chicken.
3. Add chicken to pan; cook 5 minutes on each side or until done.
4. To prepare salad: Combine tomatoes and remaining ingredients, tossing well. Slick chicken; server over salad.



<https://www.food.com/recipe/coriander-chicken-with-tomato-corn-salad-391022>

## Kofta

In Afghanistan, garlic and coriander are added to ground beef or ground lamb, which is formed into balls. The meatballs can be simmered in a tomato sauce, or skewered with onions, bell peppers, and cherry tomatoes and then grilled. Kofta kebabs can be served with Afghan rice or bread, while the sauced version can be served with rice or potatoes.

- 1 lb (450 g) ground beef or lamb
  - 1 onion, finely minced
  - 1 green pepper, finely minced
  - 1 clove garlic, finely minced
  - 1/2 tsp (2.5 ml) ground coriander
  - Salt to taste
  - Black pepper to taste
  - 12 cherry tomatoes
  - 2 onions, cut into quarters
  - 2 green bell peppers, cut into quarters
- Mix together beef, onion, pepper, garlic, coriander, salt, and black pepper. Let stand for 30 minutes.
- Form 16 oval balls. Skewer balls, 4 per skewer, alternating with a quartered onion, piece of green pepper, and cherry tomato.
- Grill 5 minutes until browned. Flip over and grill other side.
- Serve with a large piece of flat Afghan bread

<https://i.pinimg.com/originals/ec/3b/2d/ec3b2dc51fe0378a214ce31ee84e2bf0.png>



## Vegetable Pakoras

- 1 cup chickpea flour (Freshly ground for best taste)
  - 3 Tablespoons rice flour
  - 1 Tablespoon ground coriander powder
  - 1 tsp. cumin seeds
  - 2 Tablespoons finely chopped fresh parsley
  - 1 tsp. salt
  - $\frac{3}{4}$  cup water (use water as needed)
  - Oil to fry
  - 1 small potato, shredded
  - 1 small red onion, shredded
  - $\frac{1}{2}$  small zucchini, shredded
  - 1 small sweet potato, shredded
  - 1 or 2 carrots, shredded
1. Combine chickpea flour, rice flour, ground coriander powder, cumin seeds, and salt together. Slowly add the water until the batter has the consistency of pancake batter. Add the parsley and mix well.
  2. Heat the oil in a deep frying pan over medium heat.
  3. Add shredded veggies to batter until you have a good ratio of batter and veggies. This is one of those steps that just have to be eyeballed. You'll know when it looks right. You may not use all the vegetables you shredded.
  4. Drop vegetable batter by spoonful into the hot oil. Cook for 2-3 minutes, turn and cook an additional 2-3 minutes. Pakoras should be golden brown on the outside and the batter should be cooked through the entire pakora.
  5. TIP: You want the pakoras to be crispy. If your oil is too hot the pakoras will not be crispy and or if your oil is not hot enough the pakoras will be greasy.



<https://www.grainmillwagon.com/vegetable-pakoras/>

### Library Resources

Essential Spices and Herbs by Christina Nichol – 641.6383 NIC

Healthy Air Fryer by America's Test Kitchen – 641.77 AME

Milk Street: The World in a Skillet by Christopher Kimball – 641.5918 KIM

Spiced by America's Test Kitchen – 641.6383 AME

Vegan Africa by Marie Kacouchia – 641.5636 KAC

Vegetable Literacy by Deborah Madison – 641.65 MAD

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