

# Recipes

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## Tips for Cooking with Coriander / Cilantro

- Gently heat seeds in a dry pan until fragrant before crushing or grinding to enhance the flavor.
- Crush seeds using a mortar and pestle or grind seeds in a spice mill or coffee grinder.
- Seeds are used whole in pickling recipes.
- Cilantro is best used fresh as it loses flavor when dried.
- Clean cilantro bunches by swishing the leaves in water and patting dry.
- For the best color, flavor and texture, add cilantro leaves towards the end of the cooking time.
- The stems have flavor too, so tender stems may be chopped and added along with the leaves.
- Store cilantro stem in a glass of water in the refrigerator, with a loose plastic bag over the top.

## Russian Green Bean Salad with Garlic, Walnuts, Basil, Cilantro and Coriander Seed

1/2 cup broken walnuts	1/4 cup firmly packed basil leaves
2 large cloves garlic, peeled and each cut into several pieces	1/4 cup firmly packed cilantro leaves and tender stems
4 Tbsp extra-virgin olive oil	1 pound fresh green beans, stems removed and steamed until crisp – tender and cooled in ice water
2 Tbsp white wine vinegar	1/2 cup thinly sliced green onions
1 Tbsp lemon juice	1/2 cup thinly sliced radishes
1 Tbsp water	Salt and freshly ground pepper to taste
1 tsp ground coriander seed	
1/8 to 1/4 tsp hot pepper sauce such as Tabasco	
2 Tbsp firmly packed parsley leaves and tender stems	

To prepare dressing, place walnuts and garlic in food processor fitted with knife blade; chop, using pulse control, until evenly fine. Add olive oil, vinegar, lemon juice, water, coriander seed and hot pepper sauce; process until smooth. Add parsley, basil and cilantro leaves, and evenly chop, using pulse control. Pat beans dry and combine with dressing, green onion and radishes; season well with salt and pepper. Add

more hot pepper sauce or vinegar/lemon juice as needed to balance flavors. Let stand at room temperature for 1/2 hour to marry flavors. Do not combine beans with dressing more than 1 1/2-2 hours before serving or beans may change color. Yield: 4-6 servings

— © Madalene Hill and Gwen Barclay

## Garam Masala

3 tablespoons black peppercorns	1 1-inch stick cinnamon, broken
3 tablespoons whole coriander	1 tablespoon cardamom seeds
2 1/2 tablespoons dark caraway seeds	1 tablespoon whole cloves

Grind all ingredients in a coffee grinder to a powder. Store in a tightly covered container. This blend is good for seasoning vegetables, stews, and potatoes. It is also wonderful in tomato soup. Yields 3/4 cup.

— Mary Remmel Wohlleb

*HSA Arkansas Unit*

*The Essential Guide to Growing and Cooking with Herbs*

## Chicken with Lime and Spices

4 boneless chicken breasts	1 tsp ground coriander
2 Tbsp olive oil	1 tsp ground cumin
Marinade	1/2 tsp turmeric
3 Tbsp fresh lime juice	1 Tbsp chopped fresh mint

Combine all marinade ingredients in a bowl. Cut chicken breasts into 5/8-inch strips. Add chicken strips to marinade, cover, and allow to marinate several hours or overnight in the refrigerator. Drain chicken.

Heat olive oil in a medium pan, add chicken. Cook over medium-high heat for 5-10 minutes, until lightly browned and tender.

— Mark Ragland and Scott Norton

*HSA Virginia Commonwealth Unit*

*The Essential Guide to Growing and Cooking with Herbs*

## South Indian-Style Vegetable Curry

*This easy one-pot meatless main gets its complex flavor from a combination of spices including coriander, cumin, turmeric, cayenne, and cinnamon. The spices marry in a rich, flavorful sauce that has a comforting, belly-warming appeal.*

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| 2 tablespoons canola oil   | 1 small cauliflower, broken into 1½-inch florets (about 4 cups)         |
| 1 large yellow onion, finely diced                                   | 1 pound sweet potatoes, peeled and cut into 1-inch cubes                |
| 4 medium cloves garlic, minced                                       | 2 medium tomatoes, cored, seeded, and coarsely chopped (about 1½ cups)  |
| 1 2-inch piece fresh ginger, peeled and finely grated (1 tablespoon) | 2 large carrots, peeled, and cut into ½-inch thick rounds (about 1 cup) |
| 1 tablespoon ground coriander  | One 15 ½ ounce can chickpeas, drained and rinsed                        |
| 1 ½ teaspoon ground cumin  | 4 ounce baby spinach (about 4 lightly packed cups)                      |
| ¾ teaspoon ground turmeric   | 2 tablespoons fresh lime juice  |
| ½ teaspoon cayenne   | 1 teaspoon finely grated lime zest                                      |
| 1 tablespoon tomato paste  | 2 tablespoons chopped fresh cilantro                                    |
| 2 cups lower-salt chicken broth or vegetable broth                   |   |
| 1 cup light coconut milk   |   |
| 1 3-inch cinnamon stick  |   |
| Fine sea salt and freshly ground black pepper                        |   |

In a 5 to 6-quart Dutch oven or other heavy-duty pot, heat the oil over medium-high heat. Add the onion and cook, stirring occasionally, until beginning to brown, 3 to 4 minutes. Reduce the heat to medium (or medium low if necessary) and cook until the onion is richly browned, 5 to 7 minutes more. Add the garlic and ginger; cook, stirring, for 1 minute to blend the flavors. Add the coriander, cumin, turmeric, and cayenne; stir for 30 seconds to toast the spices. Add the tomato paste and stir until well blended with the aromatics, about 1 minute.

Add broth, coconut milk, cinnamon stick, 1 teaspoon salt, and ¼ teaspoon pepper and bring to a boil. Reduce the heat to medium low or low and simmer for 10 minutes.

Add the cauliflower, sweet potatoes, tomatoes, and carrots. Raise the heat to medium high and return to a boil. Reduce the heat to medium low, cover, and simmer until the vegetables are tender, 20 to 25 minutes. Discard the cinnamon stick.

Stir in the chickpeas, spinach, lime juice, and zest; cook until the spinach has wilted, about 3 minutes more. Season to taste with salt. Serve garnished with cilantro.

### *Serving Suggestions*

This curry only needs a basic brown rice or white basmati rice to be a complete meal.

— *Ellie Krieger, Fine Cooking Issue 107*

## **Corn and Black Bean Salad**

### **Salad**

2 15-ounce cans black beans, rinsed and drained  
1 ½ cups frozen corn kernels  
1 avocado, peeled, pitted and diced  
2 tomatoes, chopped  
6 green onions, thinly sliced  
½ cup chopped fresh cilantro

### **Dressing**

⅓ cup fresh lime juice  
¼ cup olive oil  
1 garlic clove, minced  
1 teaspoon salt  
½ teaspoon ground cumin  
⅛ teaspoon ground cayenne pepper

Combine beans, corn, avocado, tomatoes, green onions and cilantro in a medium bowl. Whisk together lime juice, olive oil, garlic, salt, cumin and cayenne pepper. Pour dressing over the salad and stir gently and serve.

### **Optional variations:**

- Add 1 red bell pepper, seeded and chopped
- Substitute basil for cilantro
- Serve as a salad or a taco topping

— *Karen Kennedy, HSA Coordinator of Education*

## **Cilantro Salad Dressing**

1 tablespoon chopped red onion  
1 tablespoon balsamic vinegar  
3 tablespoons red wine vinegar  
⅓ cup olive oil  
2 teaspoons chopped fresh oregano  
1 tablespoons lime juice

½ cup lightly packed cilantro leaves, chopped  
2 tablespoons chopped fresh dill weed  
¼ teaspoon freshly ground black pepper  
¾ cup black olives, pitted and chopped  
⅛ teaspoon crushed red pepper

Whisk all ingredients together until well blended. Store in the refrigerator. Yields 1 ½ cups dressing.

Eleanor Davis, Western Pennsylvania Unit HSA  
*The Essential Guide to Growing and Cooking with Herbs*

## Grilled Pork Back Ribs with Asian Gremolata

3 full racks of back ribs  
1 (hand-size) piece fresh ginger, peeled and sliced

Your favorite barbecue sauce  
Gremolata (see below)

Cut racks into 4-6 rib pieces and layer in a large stock pot with the sliced ginger. Cover with water, bring to a boil, and boil for 10 minutes. Turn off the heat and let stand until cool. Place in the refrigerator.

When cold, remove the rendered fat. Place the ribs in a big plastic bag and marinate in your favorite barbecue sauce for 1 hour.

Grill ribs briefly over high heat. Sprinkle with Gremolata and serve. Yields 8-20 servings.

### Asian Gremolata

2 (2-inch) pieces fresh ginger, peeled and cut into small pieces  
½ cup packed cilantro leaves  
1 bunch scallions, cleaned and cut into pieces

Place Gremolata ingredients in a food processor and chop lightly.

Hope Riley, Philadelphia Unit  
*The Essential Guide to Growing and Cooking with Herbs*

***The Herb Society of America's Essential Guide to Growing and Cooking With Herbs***, edited by Katherine K. Schlosser, can be obtained [here](#).