

Tips for Cooking with Coriander

- 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.

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 ½ 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 ¾ cup.

— Mary Remmel Wohlleb

HSA Arkansas Unit

Chicken with Lime and Spices

4 boneless chicken breasts	1 tsp ground coriander
2 Tbsp olive oil	1 tsp ground cumin
Marinade	½ tsp turmeric
3 Tbsp fresh lime juice	1 Tbsp chopped fresh mint

Combine all marinade ingredients in a bowl. Cut chicken breasts into ½-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

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.

2 tablespoons canola oil	1 2-inch piece fresh ginger, peeled and finely grated (1 tablespoon)
1 large yellow onion, finely diced	1 tablespoon ground coriander
4 medium cloves garlic, minced	

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

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*