



Spice Up Your Summer!

## Maynard Library Spice Club

### CORIANDER

#### CORIANDER INFORMATION

Coriander is an aromatic plant (*Coriandrum sativum*) in the parsley (Apiaceae) family. It is an annual plant that grows on slender green stems. The plant can grow up to three feet tall and the leaves resemble parsley leaves. When coriander flowers, it produces white flowers, with a hint of purple, and round, light brown seeds, which are used as a spice. Coriander is native to regions from southern Europe and North Africa to southwestern Asia.



Coriander is one of the oldest herbs and spices on record. Coriander was mentioned in the Bible, and the seeds have been found in ruins dating back to 5000 B.C. Its name comes from the Greek word *koris*, meaning a stink bug. This is likely a reference to the strong aroma given off by the cilantro plant leaves when they are bruised.

The fresh leaves of the plant are commonly called cilantro in the US or Chinese parsley and coriander in the rest of the world. Cilantro leaves have a strong refreshing, tart, and citrusy flavor. There is a small portion of people that think cilantro tastes like soap. This can be linked back to a rare gene that detects aldehyde chemicals that are also present in soap. The dried seeds are used whole or ground as a spice in European, Asian, Latin, and Indian dishes. Its flavor is

earthy, tart, and sweet with a floral aroma that releases when toasted. The pungent roots of the coriander plant are used to add depth of flavor to Thai curry pastes and stir-fries.

The subtle, nutty flavor of coriander seeds works well when used in spice blends, helping to pull together complex flavors. Ground coriander is a common ingredient in Middle Eastern cooking, often combined with cumin, and cinnamon. It is an important ingredient in the Egyptian condiment dukkah and is a component of the Indian spice blend garam masala, along with cinnamon, black pepper, cumin and cardamom.

If you search for coriander recipes, you need to pay special attention to whether the author intends the seeds or the leaves to be used in the recipe.

<https://www.masterclass.com/articles/what-is-coriander-cilantro-how-to-cook-with-coriander-seeds-and-cilantro-leaves>

<https://www.thespruceeats.com/what-is-coriander-1807009>

## CORIANDER RECIPES

### Sephardic Pumpkin Donuts (Bimuelos de Kalavasa)

<https://www.myjewishlearning.com/the-nosher/sephardic-pumpkin-donuts-recipe-bimuelos-de-kalavasa/>

14-16 donuts Time: 20-25 minutes

#### INGREDIENTS

- 1 cup all-purpose flour
- 1 Tbsp sugar
- 2 tsp baking powder
- 2 tsp cinnamon
- 1/2 tsp coriander
- 1/4 tsp allspice
- Couple pinches of salt
- 2 eggs, beaten
- 1 1/4 cup pumpkin puree
- 3 cups good vegetable oil with high smoke point for frying (avocado, sunflower, safflower, peanut)

Warm honey, maple syrup, date syrup and/or powdered sugar for serving



## DIRECTIONS

1. Prepare one or two large baking sheets by covering them with brown paper (cut up from a shopping bag) or paper towel. Place cooling racks over the paper-covered pans and set aside.
2. In a mixing bowl, whisk together the dry ingredients. Add the pumpkin and beaten eggs, mixing well with a wooden spoon or rubber spatula until smooth.
3. In an 11- or 12-inch skillet, heat oil over medium heat for about 6-7 minutes. The oil should be about 1/2 inch deep and is ready at 325 degrees or when a couple drops of water jump when they hit the oil.
4. Use two tablespoons, one to scoop even amounts of batter and one to gently help drop it into the hot oil. Add the bimuelos in a single layer, about 6 or 7 at a time, not crowding the pan as they double in size as they. Leave undisturbed for 90 seconds to 2 minutes per side, depending on the size of the bimuelos, flipping only once using a tongs or a pair of chopsticks. Each patty should be deeply golden brown all over, crispy on the outside and soft, but cooked through, on the inside. Drain well on the prepared baking sheets.
5. Best when served immediately, drizzled with warm honey, maple syrup or date syrup (silan) or sprinkled with powdered sugar. Alternatively, the choice of syrups can be passed for people to dip and drizzle themselves.

## Quick & Easy Refrigerator Pickles

<https://www.onceuponachef.com/recipes/quick-and-easy-dill-pickles.html>

Refrigerator pickles are quick and easy to make — no sterilizing jars or special equipment required.

Servings: About 24 spears, or two 1-quart jars

## INGREDIENTS

- 1¼ cups distilled white vinegar (5% acidity)
- 3 tablespoons kosher salt
- 2 tablespoons sugar
- 2 cups cold water
- 1¾ to 2 pounds Kirby cucumbers (about 6), cut into halves or spears
- 2 tablespoons coriander seeds
- 6 large garlic cloves, peeled and halved
- 1 teaspoon mustard seeds
- ¼ teaspoon red pepper flakes
- 16 dill sprigs



## DIRECTIONS

1. Combine the vinegar, salt and sugar in a small non-reactive saucepan over high heat. Whisk until the salt and sugar are dissolved. Transfer the liquid into a bowl and whisk in the cold water. Refrigerate brine until ready to use.

2. Stuff the cucumbers into two clean 1-quart jars. Add the coriander seeds, garlic cloves, mustard seeds, red pepper flakes, dill sprigs, and chilled brine into jars, dividing evenly. If necessary, add a bit of cold water to the jars until the brine covers the cucumbers. Cover and refrigerate about 24 hours, then serve. The pickles will keep in the refrigerator for up to one month.

## **Kaima Bona Gatoi (Papua New Guinea)**

<https://magicalingredients.blogspot.com/2021/08/kaima-bona-gatoi.html>

Total time: 1 hour 20minutes, including marinating time



### **INGREDIENTS**

- 1 eggplant, cut into 16 1/4-in slices
- 1 medium zucchini, cut into 16 1/4-in slices
- 1 onion, diced into large pieces
- 1 red bell pepper, cut into big chunks
- 1 tsp chopped serrano pepper
- 2 cloves garlic, finely chopped
- 3/4 tsp cayenne
- 1 tsp salt
- 1/2 tsp ground coriander
- 1 tbsp vinegar
- 4 tbsp vegetable oil

### **DIRECTIONS**

1. Add all the vegetables to a bowl. Add the spices, oil, salt, and vinegar. Toss well, cover, and marinate for an hour.
2. Transfer the marinated vegetables to a baking sheet. Broil for 6-7 minutes. Flip and broil for 3-4 minutes.
3. Remove from the oven, transfer to a serving bowl, and serve.

## **Oven Roasted Vegetables with Coriander**

<https://www.simplyrecipes.com/oven-roasted-vegetables-recipe-5214673>

Servings: 2 to 4

### **INGREDIENTS**

- |   |                                      |
|---|--------------------------------------|
| 1 medium red onion, cut into 3/4-inch wedges                        | 2 cloves garlic, roughly chopped     |
| 1 large bulb fennel, core removed and cut into 3/4-inch wedges      | 2 tablespoons extra virgin olive oil |
| 1 small (6 oz) sweet potato, cut into 3/4-inch cubes                | 1 teaspoon kosher salt               |
| 2 small (8 oz) waxy potatoes, cut into 3/4-inch cubes               | 1/2 teaspoon ground cumin            |
| 2 medium carrots, cut in half lengthwise and cut into 1-inch pieces | 1/2 teaspoon ground coriander        |
|   | 1/2 teaspoon ground turmeric         |
|   | 1/2 teaspoon paprika                 |
|   | 1/4 teaspoon red pepper flakes       |

## DIRECTIONS

1. Preheat the oven to 425°F.
2. Pile the onion, fennel, sweet potato, potatoes, carrots, and garlic on the center of a large (18x13-inch) sheet pan. Drizzle the olive oil over the top. Add the salt, cumin, coriander, turmeric, paprika, and red pepper flakes. Use your hands to toss and coat the vegetables evenly with the oil and spices.
3. Spread them out evenly on the sheet pan. If the vegetables are crowded use a second sheet pan. It's okay for the vegetables to touch, but they should not overlap.
3. Roast the vegetables for 20 minutes. Remove the sheet pan from the oven and use a large spoon or spatula to stir the vegetables.
4. Spread them out again in an even layer and continue to roast until the vegetables are tender and begin to brown, another 25 minutes or so.



## Egyptian Spinach with Tomato Sauce

<https://thematbakh.com/egyptian-spinach-with-tomato-sauce/>



### INGREDIENTS

2 lbs fresh spinach leaves  
10 small tomatoes (or 9 medium tomatoes)  
2 large onions (or 3 medium onions)  
1 bunch of cilantro  
9 cloves of garlic  
3 cups broth or 3 cups water with a bouillon cube  
1 tbsp ground coriander  
2 tbsp olive oil  
1 tsp sugar  
Salt and pepper to taste

## DIRECTIONS

1. Blend the onions and garlic in a food processor.
2. Blend the tomatoes in a blender and strain.
3. Wash the spinach leaves very well. Continue to wash the spinach until the water is sand-free. It might take 4 or 5 washes to completely remove the sand.
4. Cut off the base of the spinach leaves and discard. Chop the spinach leaves very finely and add to a strainer. Wash and finely chop the cilantro.
5. In a large stovetop pot on medium-high heat, add 2 tablespoons of olive oil. Add the blended onions and garlic. Saute until the mixture starts to turn golden (about 5 min).



6. Add the strained blended tomato mixture. Add the ground salt, pepper, and sugar. Cook for 10 to 15 minutes on medium-high heat covered.
7. Add the chopped spinach and broth to the tomato sauce. Cover the pot and cook on medium-high heat for 10 to 15 minutes, stirring frequently.
8. Add the chopped cilantro and ground coriander. Cook for another 2 to 3 minutes, then remove from the stove.
9. Serve with rice.

## Quick Chicken Pho

<https://www.splendidtable.org/story/2017/03/07/quick-chicken-pho>

Servings: 2

### INGREDIENTS

3/4-inch (2 cm) section ginger  
2 medium-large green onions  
1 very small (.5 oz | 15 g) bunch cilantro  
1 1/2 teaspoons coriander seeds  
1 whole clove  
3 1/2 to 4 cups chicken broth  
2 cups (480 ml) water  
1 (6 to 8 oz) boneless, skinless chicken breast or thigh  
About 1/2 teaspoon fine sea salt  
5 ounces (150 g) dried narrow flat rice noodles  
2 to 3 teaspoons fish sauce  
About 1/2 teaspoon organic sugar, or 1 teaspoon maple syrup (optional)  
Pepper (optional)



### DIRECTIONS

1. Peel then slice the ginger into 4 or 5 coins. Smack with the flat side of a knife or meat mallet; set aside. Thinly slice the green parts of the green onion to yield 2 to 3 tablespoons; set aside for garnish. Cut the leftover sections into pinkie-finger lengths, bruise, then add to the ginger.
2. Coarsely chop the leafy tops of the cilantro to yield 2 tablespoons; set aside for garnish. Set the remaining cilantro sprigs aside.
3. In a 3- to 4-quart pot, toast the coriander seeds and clove over medium heat until fragrant, 1 to 2 minutes. Add the ginger and green onion sections. Stir for about 30 seconds, until aromatic. Slide the pot off heat, wait 15 seconds or so to briefly cool, then pour in the broth.
4. Return the pot to the burner, then add the water, cilantro sprigs, chicken, and salt. Bring to a boil over high heat, then lower the heat to gently simmer for 30 minutes.
5. While the broth simmers, soak the rice noodles in hot water until pliable and opaque. Drain, rinse, and set aside.

6. After 5 to 10 minutes of simmering, the chicken should be firm and cooked through (press on it and it should slightly yield). Transfer the chicken to a bowl, flush with cold water to arrest the cooking, then drain. Let cool, then cut or shred into bite-size pieces. Cover loosely to prevent drying.
7. When the broth is done, pour it through a fine-mesh strainer positioned over a 2-quart pot. Discard the solids. You should have about 4 cups.
8. Season with fish sauce and sugar, if needed, to create a strong savory-sweet note.
9. Bring the strained broth to a boil over high heat. Put the noodles in a noodle strainer or mesh sieve and dunk in the hot broth to heat and soften, 5 to 60 seconds. Lift the noodles from the pot and divide between the 2 bowls.
10. Lower the heat to keep the broth hot while you arrange the chicken on top of the noodles and garnish with the chopped green onion, cilantro, and a sprinkling of pepper. Taste and adjust the broth's saltiness one last time. Return the broth to a boil and ladle into the bowls. Enjoy with any extras, if you like.

## Carrot & Coriander Soup

<https://www.bbcgoodfood.com/recipes/carrot-coriander-soup>

Serves 4 Time: 25 mins



### INGREDIENTS

- 1 tbsp vegetable oil
- 1 onion, chopped
- 1 tsp ground coriander
- 1 potato, chopped
- 450g carrots, peeled and chopped
- 1.2 liters vegetable or chicken stock
- handful cilantro (Dottie says more)
- fresh ground pepper and salt to taste

### DIRECTIONS

1. Heat vegetable oil in a large pan, add onion, then fry for 5 mins until softened.
2. Stir in coriander and potato, then cook for 1 min.
3. Add the carrots and stock, bring to the boil, then reduce the heat. Cover and cook for 20 mins until the carrots are tender.
4. Tip into a food processor with a handful of cilantro then blitz until smooth (you may need to do this in two batches). Return to pan, taste, add salt and pepper to taste, then reheat to serve.

## Falafel

<https://www.loveandlemons.com/falafel/>

Serves 4    Total Time: 40 mins, [plus 24 hours to soak chickpeas](#)



### INGREDIENTS

1 cup uncooked chickpeas, soaked 24 hours, drained, rinsed, and dried  
½ cup chopped shallot or yellow onion  
3 garlic cloves  
1 teaspoon lemon zest  
1 teaspoon ground cumin  
1 teaspoon ground coriander  
¾ teaspoon sea salt  
¼ teaspoon cayenne pepper  
¼ teaspoon baking powder  
1 cup chopped fresh cilantro leaves and stems, patted dry  
1 cup chopped fresh parsley leaves and stems, patted dry  
1 tablespoon extra-virgin olive oil, plus more for drizzling  
For serving: Pita bread, tahini sauce (recipe below), diced tomato, cucumber and lettuce

### DIRECTIONS

1. Preheat the oven to 400°F and line a large baking sheet with parchment paper.
2. In a large food processor, place the chickpeas (they will be plump but still raw at this point), shallot, garlic, lemon zest, cumin, coriander, salt, cayenne, baking powder, cilantro, parsley, and olive oil. Pulse until well combined but not pureed. Use a spatula to scrape down the sides of the bowl as needed.
3. Use a 2-tablespoon scoop and your hands to form the mixture into 12 to 15 thick patties (be careful not to pack them too tight or your falafel will be dense). If they're not holding together, give the mixture a few more pulses in the food processor.
4. Place the patties on the baking sheet. Drizzle generously with olive oil (this is the key to making these moist and crisp since we're not frying) and bake for 14 minutes. Flip and bake for 10 to 12 minutes more or until golden brown and crisp on the outside. During the last few minutes of baking, wrap the pita in foil and warm in the oven.
5. Assemble pitas with salad, falafel and generous drizzles of tahini sauce. Splash on hot sauce, if desired.

### Notes

\*Canned chickpeas cannot be substituted in this recipe or your falafel will turn out mushy.



## Tahini-Lemon Sauce

The Original Moosewood Cookbook

Total Time: 10 mins

### INGREDIENTS

- 1 ½ cups tahini
- 1 ½ cups plain yogurt
- ½ cup fresh lemon juice
- 1 garlic clove, crushed
- ¼ cup finely minced scallions
- ¼ cup finely minced parsley
- Dash salt
- Dash cayenne
- ½ t ground cumin
- ½ t ground coriander
- Dash paprika
- Dash soy sauce

In a small bowl, stir together all the ingredients.

## Dukkah (Egyptian Seasoning Blend)

<https://www.daringgourmet.com/dukkah/#recipe>

There is a simpler recipe for dukkah at <https://www.themediterraneandish.com/dukkah-recipe/>

With its combination of nuts, seeds, spices and herbs, Dukkah is a unique and incredibly delicious Egyptian seasoning blend. Enjoy it as a dip for your bread or veggies, as a coating for meat and poultry, and sprinkled over your hummus, salads, sandwiches, creamy vegetable soup, popcorn and more!

Makes about 1 1/4 cups Total Time: 20 mins

### INGREDIENTS

- 1/2 cup whole hazelnuts
- 2 tablespoon whole almonds
- 2 tablespoon walnuts
- 1/4 cup hulled white sesame seeds
- 3 tablespoons coriander seeds
- 2 teaspoons cumin seeds
- 1 teaspoon fennel seeds
- 1 1/2 teaspoons nigella/kalonji seeds
- 3/4 teaspoon sea salt
- 1/2 teaspoon dried mint
- pinch of red pepper flakes (optional for a little heat)



## DIRECTIONS

1. Preheat the oven to 350 degrees F. Lay the nuts out single layer on a lined baking sheet. Roast them for 8-10 minutes until they have darkened in color and smell very nutty. Be careful not to roast them for too long or they will turn bitter. Remove from the oven and let the cool completely.
2. Heat a dry pan over medium heat and place the remaining ingredients in it except for the mint and salt.
3. Roast the spices and seeds for a few minutes until they have slightly deepened in color and are very fragrant. Be careful not to let them scorch or they will become bitter.
4. Transfer to a bowl and let them cool completely.
5. Place the cooled nuts, the cooled spices and seeds, the mint and salt in a blender.
6. Pulse until the mixture is ground with lots of tiny coarse bits throughout. It should not be ground into a powder.
7. Transfer the mixture to an airtight jar and, for the longest shelf-life, store it in the fridge where it will keep for up to 3 weeks.

## Roasted Cauliflower with Dukkah

<https://steamykitchen.com/173-roasted-cauliflower-with-dukkah.html>

### INGREDIENTS

- 1 large head of cauliflower (or broccoli)
- 2 tablespoons olive oil
- kosher or sea salt to taste (I used about 1 teaspoon)
- 2 tablespoons Dukkah

### DIRECTIONS

1. Preheat oven to 400F. Trim cauliflower florets. Toss with olive oil
2. Roast for 15-20 minutes until top edges are golden brown. Season with just a bit of sea salt. Just before serving, sprinkle with Dukkah.



## Buttery Mushrooms with Poached Eggs & Dukkah

<https://thestonesoup.com/blog/2017/08/01/10-tasty-things-to-do-with-dukkah/>

Serves 2 Time: 30 minutes



### INGREDIENTS

- 4 tablespoons butter
- 500g (1lb) mushrooms, sliced if large
- 2 cloves garlic, sliced
- 4 poached eggs
- 6-8 tablespoons dukkah
- salad leaves to serve

## DIRECTIONS

1. Heat a large frying pan on a medium high heat. Add butter and allow to melt and coat the bottom of the pan before adding the mushrooms and garlic. Cook, stirring every few minutes until the mushrooms are well browned and tender. If the butter starts to burn, turn the heat down.
2. Taste and season mushrooms with salt, remembering the dukkah is going to add some salt too.
3. Divide mushrooms between two plates. Top with poached eggs. Sprinkle dukkah over and pop the salad leaves on the side.

## Potatoes Anna with Cinnamon and Coriander

<https://steamykitchen.com/314-potatoes-anna-crispy-and-healthy.html>

Servings: 8 servings

## INGREDIENTS

- 1 teaspoon kosher or sea salt
- 1/2 teaspoon pepper
- 1/2 teaspoon cinnamon
- 1/2 teaspoon coriander
- 3 tablespoons melted unsalted butter, divided
- 3 pounds baking potatoes, peeled and cut into 1/8-inch thick slices (russet or Yukon Gold)
- 1 tablespoon chopped fresh flat-leaf parsley or chives



## DIRECTIONS

1. Preheat oven to 450 degrees. Combine salt, pepper, cinnamon and coriander. Swirl just 2 tablespoons of butter in a 10-inch cast-iron or ovenproof heavy skillet over medium heat. Arrange a single layer of potato slices, slightly overlapping, in a circular pattern in the pan; sprinkle with 1/4 of the salt and spice mixture. Use a pastry brush and lightly brush 1/2 teaspoon of the melted butter over potatoes. Repeat layers 5 times, ending with butter. Press firmly to pack. Cover and bake 450 degrees for 20 minutes. Uncover and bake an additional 25 minutes or until potatoes are golden. You can serve the potatoes in the skillet or loosen edges with a spatula and turn over onto a plate. Sprinkle with parsley or chives.

## Butternut Squash Curry

<https://www.olivemagazine.com/recipes/vegetarian/butternut-squash-curry/>

Servings: 4 Easy

### INGREDIENTS

- 1 large onion, chopped
- 20g ginger, chopped
- 3 garlic cloves, peeled
- 1-2 red chillies, chopped
- 2 tbsp vegetable oil
- 1 tbsp tomato purée
- 3 tsp ground cumin
- 2 tsp ground coriander
- 1 tsp turmeric
- 1 medium butternut squash, peeled, seeded and cut into 3cm chunks (about 530g)
- 400ml can coconut milk
- juice of ½ a lime, plus wedges to serve
- handful of coriander, chopped
- 2 tsp garam masala
- steamed basmati rice



### DIRECTIONS

1. Put the onion, ginger, garlic and chilli into a small food processor and blend to a paste. Add 1-2 tbsp of water if you need to bring the paste together as you blend. Heat the oil in a deep frying pan and fry the onion paste with a pinch of salt for 5-8 mins, stirring frequently, until lightly golden and caramelized and the paste starts to look dry. Stir in the tomato purée and cook for another 2-3 mins or until it darkens slightly.
2. Sprinkle in the cumin, coriander and turmeric, and fry for another 2-3 mins to toast the spices. Stir in the squash pieces, coating in the paste, then add the coconut milk and about 300ml of water, just covering the veg. Simmer, uncovered, for around 20 mins until the squash is tender when pierced with a fork and the sauce has reduced and coats the squash pieces. Stir in the lime juice and half the coriander, then season well with salt, pepper and the garam masala.
3. Serve over basmati rice, scatter with the remaining coriander and add additional lime wedges for squeezing over, if you like.

## Malaysian Chicken Satay

<https://food52.com/recipes/56263-malaysian-chicken-satay>

Servings: 6-8

### INGREDIENTS

#### Chicken Satay Marinade

- 3 pound boneless skinless chicken thighs
- 1 can coconut milk
- 2 shallots, peeled
- 2 tablespoon soy sauce
- 2 tablespoon fish sauce
- 2 tablespoon lemongrass paste
- 2 garlic cloves, crushed
- 1 tablespoon curry powder
- 1/2 tablespoon ground coriander
- 1/2 tablespoon cumin
- 1/2 tablespoon turmeric
- 1/2 tablespoon paprika
- 1 teaspoon salt
- 1 teaspoon pepper

#### Peanut Sauce and Cucumber Sauce

- 1/2 cup water
- 1/2 cup chunky peanut butter
- 1 garlic clove, crushed
- 1 tablespoon brown sugar
- 2 teaspoon soy sauce
- 1 tablespoon lemon juice
- 1/8 teaspoon red pepper flakes, or to taste
- 1 cucumber, chopped
- 1/2 onion, chopped
- 1/2 cup white vinegar
- 1/2 cup sugar
- 1 teaspoon salt

### DIRECTIONS

1. Slice chicken thighs into strips. Thread on soaked wood or metal skewers, 3 slices per skewer. Place skewers in a flat dish.
2. Combine marinade ingredients in a food processor and process until smooth.
3. Pour marinade over chicken skewers. Marinate 4-6 hours or overnight.
4. Grill over indirect heat until chicken is no longer pink inside. Serve with peanut and cucumber sauces. Can be made under a broiler.
5. Peanut Sauce: In a small saucepan, combine water, peanut butter, and garlic. Over medium heat, stir until the mixture comes to a boil.
6. Remove from heat and add remaining ingredients. Cool until serving time. Lasts 3-5 days in the refrigerator.
7. Cucumber Sauce: Bring vinegar, sugar, and salt to a boil. Let cool. Add cucumbers and onions and refrigerate before serving. Best if made at least 1 hour beforehand.





## Chicken with Taklia (Toasted Coriander Seeds & Garlic) and Sautéed Spinach

<http://freshtart.com/blog/chicken-with-taklia-coriander-seeds-garlic-toasted-in-butter-and-sauteed-spinach/15558453>

Taklia is a very simple, all-purpose savory mix found in Lebanon and Syria. It is usually added at the end of cooking for its aromatic flavoring. It can also be thinned down with a little olive oil and used as a condiment, or enlivened with a touch of chilli.

Serves 4



### INGREDIENTS

2 Tbsp. coriander seeds  
6 cloves garlic  
salt  
5 1/2 Tbsp. butter, divided  
1/2 tsp. cayenne pepper  
1 1/2 Tbsp. olive oil  
4 skin-on, boneless chicken breast halves  
1 lb. spinach leaves, chopped a bit if large  
2 Tbsp. orange marmalade  
freshly ground black pepper

### DIRECTIONS

1. Heat a small skillet over medium-high heat. Add coriander seeds and toast until fragrant and a little brown, just a couple of minutes. Transfer seeds to a mortar & pestle and crush/grind.
2. Mince garlic, with a couple of generous pinches of salt, into a paste.
3. Return small skillet to medium heat. Add 4 Tbsp. butter to the pan and when melted, add garlic. Sauté until garlic is just starting to turn golden. Stir in coriander seeds and cayenne pepper and sauté for 1-2 minutes more, until garlic is lightly golden brown. Transfer right away to a small bowl so the garlic stops cooking. Season with salt to taste and set aside.
4. Preheat oven to 375 degrees F. Season the chicken generously with salt and pepper. Heat a large ovenproof skillet over medium-high heat. When the skillet is hot, add the butter and oil. Place the chicken, skin side down, in the skillet and brown well. Turn the chicken skin-side-up and transfer the skillet to the oven. Roast for 15 minutes, or until chicken is cooked through.
5. Return the skillet to the stove top. Transfer the chicken to a platter and keep warm. Remove all but 1 Tbsp. of fat from the skillet. Heat the pan over medium heat and add 1 Tbsp. of the taklia and orange marmalade to the pan. Stir up any pan drippings, then add spinach to the pan with a little sprinkle of salt. Sauté until just-wilted. Season with salt and pepper to taste.
6. Slice chicken breasts and serve with spinach and taklia. Store leftover taklia covered, in the fridge.

## Tunisian Chicken by Way of Burma

<https://food52.com/recipes/26671-tunisian-chicken-by-way-of-burma>

Servings: 6



### INGREDIENTS

Two 14 1/2-ounce cans diced tomatoes  
2 1/2 to 3 pound bone-in chicken breast or thighs, or boneless thighs  
1 medium to large onion  
4 medium garlic cloves  
1 teaspoon kosher salt  
1 teaspoon harissa paste  
1 teaspoon ground cumin  
1 teaspoon ground coriander  
1/2 teaspoon ground cinnamon  
1/4 teaspoon ground cloves

3 to 4 tablespoon peanut or other high smoke point oil  
3/4 teaspoon dried thyme  
1/2 tablespoon pomegranate molasses, plus more to taste  
1/3 cup coarsely chopped cilantro

### DIRECTIONS

1. Drain diced tomatoes over a bowl while preparing other ingredients.
2. Remove skin and excess fat from chicken. Use kitchen shears and/or a sturdy knife to cut the chicken into small pieces (breasts into 4 pieces and thighs into 3 pieces). Rinse well, making certain to remove any stray bone shards. Pat dry with paper towels, then set aside.
3. Cut stem and root ends from onion. Cut onion in half lengthwise (pole to pole). Remove skins, then cut onion halves lengthwise into thin slices. Transfer to a bowl, or push to one side of cutting board. Peel and mince garlic cloves. Add to sliced onion. Dump 1 teaspoon salt, 1 teaspoon harissa, cumin, coriander, cinnamon, and cloves atop onion. Set aside.
4. Heat peanut oil in large pot or Dutch oven over medium-high heat. Once the oil is shimmering, add the chicken. Wait about 30 seconds to allow sputtering to decrease, then stir and turn chicken pieces for about 3 minutes, until chicken has very little pink flesh visible. Add the onion mixture and stir to combine, then add the drained tomatoes. Stir and cook an additional 2 to 3 minutes, until the onion strips have become flexible. Add about half of the strained tomato juice (just eyeball it). Reduce the heat to medium, then cover the pot and allow to simmer for 5 minutes.
5. Stir in the thyme. Taste a small amount of the "juice" and add salt or harissa if needed. Allow to simmer for about 10 minutes, until the chicken is cooked through. Remove from heat and stir in the pomegranate molasses and cilantro. If you prefer a "juicier" dish, stir in more of the remaining tomato juice. Taste, then add salt, harissa, or pomegranate molasses as needed. Serve over couscous, noodles, or rice.

## Coriander Crusted Salmon

<https://gourmetsafari.com/recipes/coriander-crusted-salmon/>

Servings: 2-3

### INGREDIENTS

1lb (1/2 kg) wild caught fresh salmon with the bones removed  
1 tablespoon olive oil  
½ tablespoon paprika  
½ tablespoon zested lemon peel  
½ tablespoon crushed coriander seeds  
½ tablespoon sugar  
¼ tablespoon salt  
½ tablespoon freshly ground black pepper  
pinch of cayenne pepper  
lemon, for serving



### DIRECTIONS

1. In a small bowl combine paprika, lemon zest, coriander, sugar, salt, pepper and cayenne. Line a large baking sheet with parchment paper. Rub fish with olive oil and massage the 'rub' into the surface of the fish.
2. Roast in a preheated 425 F (210C) oven for 20 minutes or until fish is just cooked through or place on the BBQ. Once done, transfer to a serving platter and enjoy!

## Curried Turkey Meatballs

<https://www.theperfectpantry.com/2009/01/ground-coriander-turkey-meatballs.html>

Servings: 4

### INGREDIENTS

For the meatballs:

1-1/2 lb ground turkey  
2 Tbsp finely chopped flat-leaf parsley  
3/4 tsp garam masala  
1 tsp minced ginger root  
3 garlic cloves, minced  
1 large egg  
3/4 tsp kosher salt

For the sauce:

1 medium-large onion, minced (set aside 3 Tbsp for the meatballs)  
3 Tbsp vegetable or canola oil  
2 bay leaves

1 small (2-inch) piece of cinnamon stick  
1-3/4 cups chopped canned tomato  
2 tsp minced ginger root  
3 large garlic cloves, minced  
3 cups water  
1/2 tsp turmeric  
1 tsp red chile powder (cayenne), or to taste  
2 tsp ground coriander  
1 tsp garam masala  
Kosher salt, to taste (3/4 tsp or more)  
Handful of flat-leaf parsley leaves, roughly chopped

## DIRECTIONS

1. In a large bowl, using your impeccably clean hands, mix all ingredients for the meatballs, adding 3 Tbsp of the minced onion (the remainder will go into the sauce). Do not overmix, but be sure the ingredients are thoroughly incorporated. Set aside while you make the sauce.
2. In a deep sauce pan, heat the canola oil. Add the remaining onion, bay leaves and cinnamon stick, and saute over medium heat until the onions are golden brown, 3-4 minutes. Add the tomatoes, ginger and garlic. Cook until the oil comes to the surface, 4-5 minutes, then add 1 cup of water. Continue cooking until the water has evaporated, stirring occasionally, 3-4 minutes. Then stir constantly for 3 minutes; at this point the mixture will be a bit dry. Add the powdered spices and salt, and the remaining water. Bring to a boil, cover the pot, reduce heat to simmer, and cook for 5-6 minutes while you form the meatballs.
3. Form the turkey into meatballs approximately 1-1/2 inches in diameter (the size of large walnuts). Set the meatballs into the sauce, cover, and simmer for 15 minutes, shaking the pan every 2-3 minutes to turn the meatballs and coat them with the sauce. Uncover the pan and continue to cook the meatballs for 3 minutes. Add the parsley, and shake the pan or gently stir. Serve hot or at room temperature.

## Spiced Madeleines

<https://www.epicurious.com/recipes/food/views/spiced-madeleines-230781>

Servings: 12 madeleines

**Special Equipment:** a madeleine pan with 12 (3- by 2-inch) molds

## INGREDIENTS

3/4 stick (6 tablespoons) unsalted butter, melted, plus 1  
tablespoon (melted) for greasing molds  
3/4 cup all-purpose flour  
1 teaspoon baking powder  
1/2 teaspoon cinnamon  
1/2 teaspoon ground coriander  
1/4 teaspoon freshly grated nutmeg  
1/8 teaspoon ground allspice  
1/4 cup granulated sugar  
3 tablespoons packed light brown sugar  
2 large eggs  
Confectioner's sugar for dusting



## DIRECTIONS

1. Put oven rack in middle position and preheat oven to 400°F. Brush molds with some melted butter, then chill until set, about 5 minutes. Brush molds again with some melted butter and chill pan.
2. Sift together flour, baking powder, spices, and a pinch of salt.

3. Whisk together sugars and eggs until combined well. Add flour mixture and whisk until just combined, then stir in remaining butter (6 tablespoons) until just incorporated. Spoon batter into molds, filling them about two thirds full. Bake 5 minutes, then reduce oven temperature to 350°F and bake until springy to the touch and edges are lightly browned, 4 to 6 minutes. Turn out onto a rack and cool 15 minutes. Just before serving, dust with confectioner's sugar.

## **Peach Coriander Bread**

<https://www.ourfamilies.recipes/recipe/peach-coriander-bread/>

Servings 12   Prep Time: 15 minutes   Cook Time: 1 Hour

### **INGREDIENTS**

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



### **DIRECTIONS**

1. Cream together sugar and butter, then beat in egg.
2. Sift together flour, baking powder, soda, salt and coriander.
3. Mix together peaches, sour cream, and extract. Alternate adding dry and wet ingredients to creamed butter. Blend in nuts
4. Bake 4x8 loaf at 350 degrees for about an hour, then cool.
5. Store in refrigerator to ripen 24 hours before cutting.

## **Coriander Spiced Pound Cake with Strawberries**

<https://tastefoodblog.com/2011/05/12/coriander-spiced-pound-cake-with-strawberries/>

Makes one loaf – approximately 8 servings

### **INGREDIENTS**

For the syrup:

- 2/3 cup sugar
- 2/3 cup water
- 1 teaspoon coriander seeds, lightly toasted, coarsely chopped



For the pound cake:

- 3 large eggs, room temperature
- 1/4 cup whole milk
- 2 teaspoons finely grated orange zest
- 1 teaspoon vanilla extract
- 1 1/2 cups cake flour
- 1 cup granulated sugar
- 1 teaspoon ground coriander
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 3/4 cup unsalted butter, room temperature

For serving:

- 1/2 pound strawberries, hulled, quartered
- 1 cup heavy cream
- 2 teaspoons sugar
- Orange zest, for garnish



## DIRECTIONS

Prepare the syrup:

1. Combine the sugar, water, and ground coriander seeds in a small saucepan. Bring to a boil, stirring to dissolve the sugar. Remove from the heat and cool completely before straining. Once cool, strain the syrup into a bowl and set aside.

Prepare the pound cake:

1. Preheat the oven to 350°F. Butter and flour a loaf pan lined with parchment paper.
2. Whisk the eggs, milk, zest, and vanilla in a small bowl.
3. Briefly mix the flour, sugar, coriander, baking powder, and salt in a bowl of an electric mixer to blend. Add the butter and half of the egg mixture and beat for 1 minute to aerate. Add the remaining egg mixture in 2 batches, beating 20 seconds after each addition.
4. Pour the batter into the prepared pan and bake until a toothpick inserted in the center comes out clean, about 1 hour. Transfer to a rack. Brush the top of the cake with some of the syrup and cool for 10 minutes. Turn the cake out onto the rack and brush the sides and bottom of the cake with the syrup. Cool completely. (The flavors will develop as the cake cools.)
5. While the cake is cooling, toss the remaining syrup with the strawberries in a bowl. Beat the cream and sugar in a bowl of an electric mixer until stiff peaks form.
6. To serve, cut the pound cake into 3/4-inch slices. Spoon some of the strawberries with syrup over the cake. Top with a dollop of whipped cream and garnish with orange zest.

## Eggless Blueberry Coriander Bundt Cake

<https://www.365daysofbakingandmore.com/eggless-blueberry-coriander-bundt-cake/>

Servings: 8



### INGREDIENTS

6- ounces fresh blueberries  
1 teaspoon all-purpose flour  
1  $\frac{3}{4}$  cup all-purpose flour  
 $\frac{3}{4}$  cup sugar  
1  $\frac{1}{2}$  teaspoons coriander  
1 teaspoon baking soda  
 $\frac{1}{2}$  teaspoon kosher salt  
 $\frac{1}{4}$  teaspoon nutmeg  
1 cup buttermilk, room temperature  
 $\frac{1}{2}$  cup melted coconut oil  
1 tablespoon pure vanilla extract

### DIRECTIONS

1. Preheat the oven to 325 degrees F. Prepare a Bundt pan by greasing and flouring it.
2. In a small mixing bowl, gently toss the blueberries with the one teaspoon of flour. This will help prevent the blueberries from sinking in the batter as it bakes.
3. In a mixing bowl, whisk together the flour, sugar, coriander, baking soda, salt and nutmeg. In a medium bowl, mix together the buttermilk, Coconut Oil, and vanilla.
4. Slowly add the wet ingredients to the mixing bowl and beat until well combined. Gently fold the blueberries into the batter.
5. Pour into the prepared baking pan and tap a couple times on the counter to remove any air bubbles. Bake for 55 - 60 minutes or until a cake tester or toothpick comes out clean.
6. Cool in the pan on a wire rack for 10 minutes before turning out onto a serving plate.

## Tangerine Coriander Sorbet

<https://tastykitchen.com/recipes/desserts/tangerine-coriander-sorbet/>

Prep: 5 mins

Serves: 2

### INGREDIENTS

3 cups fresh tangerine juice  
2 tablespoons fresh lime juice  
 $\frac{3}{4}$  cups sugar  
1 tablespoon vodka (or corn syrup to prevent iciness)  
 $\frac{1}{2}$  teaspoons (heaping) ground coriander

## DIRECTIONS

1. In a large bowl, combine all ingredients, whisking very well to dissolve the sugar.
2. Pour into your ice cream maker, and freeze according to the manufacturer's directions. Scrape the mixture into a freezer-safe container and freeze for at least 4 hours to firm up.

Makes a little less than one quart. Will keep for 1 week in freezer.



## MORE RECIPES

<https://smittenkitchen.com/2008/02/spicy-sweet-potato-wedges-plus-five-etceteras/>

Indian-Spiced Vegetable Fritters with Curry-Lime Yogurt

<https://smittenkitchen.com/2006/11/throwing-pancakes-to-the-wind/>

<https://smittenkitchen.com/2014/10/homemade-harissa/>

<https://abrowntable.com/home/coriander-roasted-fingerling-potato-salad-with-avocado>

<https://www.foodnetwork.com/fnk/recipes/oven-cooked-chicken-shawarma-8050202>

<https://smittenkitchen.com/2011/12/scallion-meatballs-with-soy-ginger-glaze/>

<https://www.onceuponachef.com/recipes/crispy-tandoori-chicken-drumsticks-mango-chutney.html#tabrecipe>

<https://food52.com/recipes/32911-coriander-and-sweet-potato-soup-with-spicy-chickpea-cROUTONS>

<https://www.allrecipes.com/recipe/69633/stovetop-moroccan-tagine/>

<https://www.silkroaddiary.com/lemon-coriander-cake/>

<https://www.serious-eats.com/pistachio-millionaires-shortbread-with-coriander-butterscotch-recipe>

<https://www.serious-eats.com/classic-blueberry-muffin-recipe>

<https://www.olivemagazine.com/recipes/chef-recipes/pepe-chicken/>

<https://cooking.nytimes.com/recipes/1023220-peach-and-molasses-chicken>

<https://thehappyfoodie.co.uk/recipes/coriander-chicken/>

<https://deliciousmagazine.co.uk/recipes/lebanese-lamb-flatbread/>

<https://ohmyveggies.com/spiced-roasted-root-vegetables/>

<https://food52.com/recipes/10940-afghan-dumplings-with-lamb-kofta-and-yogurt-sauce>

<https://food52.com/recipes/19850-sweet-potato-chana-masala>

<https://food52.com/recipes/84151-brioche-with-coriander-sugar-recipe>

<https://lieselathome.com/coriander-and-raspberry-cookies/>

## SHARING RESULTS

We'll have a potluck buffet and discussion on Saturday, September 27 @ 12 pm. See this booklet at <https://www.maynardpubliclibrary.org/spice>.