



Spice Up Your Spring!

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

Jennifer Segal

<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 (such as stainless steel, glass, ceramic or teflon) 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.

## **Egyptian Spinach with Tomato Sauce (vegan)**

<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**

Prepare the ingredients

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.
5. Wash and finely chop the cilantro.

Make the tomato sauce

1. In a large stovetop pot on medium-high heat, add 2 tablespoons of olive oil. Add the blended onions and garlic. Sauté until the onion mixture starts to turn golden (about 5 minutes).
2. Add the strained blended tomato mixture. Add the ground salt, pepper, and sugar. Cook for 10 to 15 minutes on medium-high heat covered.

Make the Egyptian spinach

1. 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.

2. Add the chopped cilantro and ground coriander. Cook for another 2 to 3 minutes, then remove from the stove.
3. Serve with rice.

## 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.

## 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
- 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)

### INSTRUCTIONS

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 or food processor.
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.

### 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.

## Roasted Cauliflower with Dukkah

<https://steamykitchen.com/173-roasted-cauliflower-with-dukka.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

### INSTRUCTIONS

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.



## 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. Saute until garlic is just starting to turn golden. Stir in coriander seeds and cayenne pepper and saute 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. Saute 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.

## **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:

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.

## 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
- ¾ cups sugar
- 1 tablespoon vodka (or corn syrup to prevent iciness)
- ½ 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://www.mccormick.com/gourmet/recipes/salads-sides/roasted-coriander-chickpea-and-lime-rice>

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

<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://www.realsimple.com/food-recipes/browse-all-recipes/two-lemon-coriander-roast-chickens-recipe>

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

<https://www.rachaelraymag.com/recipe/garlic-and-coriander-roasted-chicken>

<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>

Coriander and Raspberry Swirl Cheesecake Ice Cream

<http://www.cannelle-vanille.com/gluten-free/when-coriander-made-it-into-our-ice-cream/>

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

## SHARING RESULTS

Post a picture of your dish (huge success or epic fail!) on the library's social media (Facebook, Twitter and Instagram) @maynardpubliclibrary using #maynardspiceclub.

We'll have a potluck buffet and discussion on Thursday, April 21 @ 7 pm (in person!) see other food resources and register to receive email updates about kits and meetings at

<https://www.maynardpubliclibrary.org/spice>. If you've registered for previous discussions, you don't need to register again.