

Coriander



History

(Coriander is the feathery annual plant of the parsley family (Apiaceae), parts of which are used as both an herb and a spice. Native to the Mediterranean and Middle East regions, the plant is widely cultivated in many places worldwide for its culinary uses. Its dry fruits and seeds, which are also known as coriander, are used to flavor many foods, particularly sausages, curries, Scandinavian pastries, liqueurs, and confectionery, such as English comfits. Its delicate young leaves, known as cilantro, are widely used in Latin American, Indian, and Chinese dishes.

The plant produces a slender hollow stem 1 to 2.5 inches high with fragrant bipinnate leaves. The small flowers are pink or whitish and are borne in umbel clusters. The fruit is a small dry schizocarp consisting of two semiglobular fruits joined on the commissural, or inner, sides, giving the appearance of a single, smooth, nearly globular fruit about 5 mm (0.2 inch) in diameter. The yellowish brown fruits have a mild fragrance and taste similar to a combination of lemon peel and sage.

Records of the use of coriander date to 5000 BCE. The Romans used it to flavor bread. It was once used as an aromatic and carminative, but its only modern use in medicine is to mask unpleasant tastes and odors of drugs.

Creamy Coriander Chicken

INGREDIENTS

- 2 tablespoons cornstarch, divided
- 1 1/4 teaspoons Ground Coriander
- 1/4 teaspoon Garlic Powder
- 1/4 teaspoon Sea Salt
- 1/8 teaspoon Ground Turmeric
- 1 1/4 pounds thin-sliced boneless skinless chicken breasts
- 3 tablespoons butter, divided
- 1 1/2 teaspoons Cilantro
- 3/4 cup chicken stock
- 1/4 cup dry white wine
- 3 tablespoons heavy cream

DIRECTIONS

1. Mix 1 tablespoon of the cornstarch, coriander, garlic powder, sea salt and turmeric in shallow dish. Coat chicken with cornstarch mixture
2. Melt 2 tablespoons of the butter in large skillet on medium heat. Add 1/2 of the chicken; cook 3 to 4 minutes per side until lightly browned. Remove from skillet and keep warm. Melt remaining 1 tablespoon butter. Repeat with remaining chicken
3. Mix remaining 1 tablespoon cornstarch, cilantro, chicken stock and wine until smooth. Stir into skillet. Stirring constantly, bring to boil on medium heat and boil 1 minute. Stir in cream. Spoon sauce over chicken to serve



Find it online: <https://www.mccormick.com/gourmet/recipes/main-dishes/creamy-coriander-chicken>

Deli Style Pasta

INGREDIENTS

- 3 cups pasta
- 1 onions
- 2 tomatoes
- 1 potato
- 2 tsp. oil
- 2 tsp. salt
- 2 tsp. coriander powder
- Garam Masala (powder – ½ teaspoon)
- 1/4 tsp. turmeric powder
- 2 tsp. coriander leaves
- 5 green chillies (optional)

INGREDIENTS

1. Cook the pasta as per instructions on its pack. (With 1 teaspoon salt)
2. Heat oil in a non-stick pan. Add the ground paste & sauté for a minute.
3. Add chopped onions corrinader powder, turmeric powder, garam masala powder & sauté for 2 minutes.
4. Add chopped tomatoes & salt (remaining 1 teaspoon), sauté till tomatoes melt.
5. Add finely chopped vegetables mentioned, sprinkle a handful of water & keep closed until veges cooked.
6. Add the cooked pasta & mix well.
7. Garnish with coriander leaves & serve hot.



Find it online: <https://www.yummly.com/recipe/Desi-style-Pasta-1539397>

Mexican Pulled Pork Tacos

INGREDIENTS

- 2 tbsp oil
- 2-2.5 lb boneless pork shoulder roast, halved and rind removed
- 1 onion, chopped
- 2 cloves garlic, crushed
- 2 tsp ground cumin
- 2 tsp ground coriander
- 14oz tomato passata (can substitute tomato paste or puree)
- 12 hard taco shells
- 1 large ripe avocado, chopped
- 3.5 ounces cherry tomatoes, quartered
- 1½ cups mixed Colby and mozzarella cheese
- 2 tbsp coriander sprigs to serve

INSTRUCTIONS

1. Preheat oven to 325F fan-forced. Heat oil in a large flameproof casserole dish over medium-high heat. Add the pork and cook 3-4 minutes each side, until golden brown. Transfer to a plate.
2. Reduce heat to medium and add onion and garlic, cook for 5 minutes or until softened. Stir in spices and cook for a further minute. Pour in passata and stir to combine. Return pork to casserole dish, fat side down and spoon sauce over top. Cover with lid and transfer to the oven for 3-3 ½ hours or until meat is tender and shreds easily. Remove from oven and roughly shred pork using two forks.
3. Increase oven temperature to 400F. Arrange taco shells standing up in a rectangular baking dish. Bake 5 minutes or until golden. Fill each taco shell with pulled pork, avocado, tomatoes and top with cheese mix.
4. Bake for a further 10 minutes or until cheese has melted. Serve immediately, sprinkled with coriander.



HINT: Pork can be cooked in the slow cooker on high for 3-4 hours or low for 6-8 hours.

Find it online: <https://myfoodbook.com.au/recipes/show/mexican-pulled-pork-tacos>