

CILANTRO/CORIANDER



Coriandrum sativum

[kor-ee-AN-drum sa-TEE-vum]

Family: Umbelliferae

Names: Chinese parsley, culantro, yuen sai; Dizzycorn; Japanese Parsley; coriander, coriander, persil arabe (French); Koriander, Wanzendill, Schwindelkorn (German); coriandolo (Italian); cilantro, culantro, cilandriom, coriandro (Spanish); Kizbara, kuzbara, kuzbura (Arabic); nannambin (leaves), nannamzee (seed) (Burmese); hu-sui, hsiang-sui, yuan-sui, hs(I)ang tsai, yen-sui, yuen sai, yuin si tsoi (leaves) (Chinese); dhan(y)ia, dhuniah, kothimbir, kotimear, kotimli (seed); dhania patta, dhania sabz, hara dhania (leaf) (Indian); ketumbar (Indonesian); phak hom pom (Lao); Malay: daun Ketumba (leaves),

ketumba (seed); kottamalli (seed), kotamalli kolle (leaves) (Sinhalese); kinchay (Tagalog); kothamilee (Tamil); pak chee (met) (Thai); Kolendra siewna (Polish); koriander (Dutch); coentro (Portuguese); koriander (Swedish); koriandr (Russian); koendoro (Japanese); Dhanyaka (Sanskrit); Dhaniya (Hindi)

Pharmaceutical Name: seeds: Fructus Coriandri

Description: Feathery herb rising up on a few, branched stems. Height 2-3 feet; width 1 foot. Flowers: small, flat umbels of white to pale mauve with a reddish accent. Tiny groups surrounded by enlarged, outer petals. Leaves: at first rounded with toothed edges and large lobes, mature leaves are finely divided, feathery. Fruit: clusters of small, green globes that turn brown as they ripen. Smell of the fruits changes from pungent to spicy as they mature. Blooms July to September.

Cultivation: Originally native to Mediterranean and Caucasion regions. Grown commercially in India, Morocco, Poland, Romania and Argentina. Some grown in Kentucky for the liquor industry. US imports more than 3 million pounds annually. An annual which germinates in 7-14 days. Spacing is 12-18 inches; soil temperature 55-68 degrees. Soil: average with good drainage; pH: 5-8.2. Full sun or partial shade in hot areas. Sow directly as it dislikes transplanting and wait until all danger of frost is past. Mature fruits appear in about 3 months. For greater yield, sow coriander in succession crops. Sow the seeds about inch apart and ½ inch deep. Light application of fish emulsion when plant is small; occasional applications of compost. Attracts beneficial insects and deters harmful ones with its strong odor; weevils may attack

dried seeds. For commercial production 10-20 lbs of seed will sow an acre depending on spacing. Yields vary on seed--500-2000 lbs of seed per acre have been obtained.

Harvest the leaves as needed, beginning eight weeks after plants appear. Frequent harvests prevent the herb from going into flower. Select very fresh coriander leaves for cooking as its flavor deteriorates with age. Leaves should be glossy green with no yellow or mold. Once picked, store in a container with 2-3 inches of the stems in water. Place a plastic bag over the top and secure it with a rubber band. Don't bother to dry as the flavor does not hold. Freezing or preserving in a light oil is a better method. Also the fresh leaves can be pureed with a little water and frozen in ice trays. Harvest seed heads just as they begin to turn brown. Then hang the plants upside down in large bunches in a dark, well-ventilated room in a large paper bag. The seeds will fall off the stalks when gently shaken.

History: Probably one of the first cultivated spices it was in use by 1550 BC as both spice and medicine. Egyptians added them to wine to increase intoxication and seeds were found in King Tut's tomb from 1323BC. It was also mentioned in ancient Sanskrit texts and in the Old Testament. Romans boiled coriander leaves with greens and barley porridge. Virgil mentions a seasoning of coriander seeds, rue, savory, mint, wild celery, onion, thyme, pennyroyal and garlic. It was used by Hippocrates, as a love potion in the Middle Ages and an aphrodisiac in *The Arabian Nights*. The Spanish introduced it to Latin America where both the seeds and especially the leaves are now an integral part of their cuisine. Arrived in this country before 1670 but never gained as much fame until recently except for flavoring liquor. The word *coriander* comes from the Greek *korios* meaning bedbug because of its scent

Constituents: Fruits: essential oil includes mainly linalool, also borneol, anethole coriandrol, terpinene, geraniol, camphor, carvone, anethole; Leaves: vitamins A & C,

minerals--calcium, phosphorus, potassium, iron; coumarins

Properties: antispasmodic, appetizer, aromatic, carminative, stomachic, analgesic, aperitif, aphrodisiac, anti-oxidant, anti-rheumatic, bactericidal, depurative, digestive, cytotoxic, fungicidal, larvicidal, lipolytic, revitalizing, stimulant (cardiac, circulatory, nervous system).

Energetics: spicy, neutral (seeds); cool (leaves)

Meridians/Organs affected: bladder, stomach

Nutritional profile: One teaspoon coriander seed has 5 calories. It provides .2 g protein, 0.3 g fat, 1 g carbohydrates, 13 mg calcium and .3 g iron.

Aromatherapy Uses:

EXTRACTION: essential oil by steam distillation from the crushed ripe seeds. An essential oil is also produced by stem distillation from the fresh and dried leaves, which contains a high proportion of decylaldehyde.

CHARACTERISTICS: A colorless to pale yellow liquid with a sweet, woody-spicy, slightly musky fragrance.

BLENDS WITH: clary sage, bergamot, jasmine, olibanum, neroli, petitgrain, citronella, sandalwood, cypress, pine, ginger, cinnamon and other spice oils.

USES: *Circulation, Muscles and joint:* accumulation of fluids and toxins, arthritis, gout, muscular aches and pains, poor circulation, rheumatism, stiffness

Digestive System: anorexia, colic, diarrhea, dyspepsia, flatulence, nausea, piles, spasm

Immune system: colds, flu, infections, measles

Nervous System: debility, migraine, neuralgia, nervous exhaustion

Other: used as a flavoring agent in pharmaceutical preparations, especially digestive remedies. Used as a fragrance component in soaps, toiletries and perfume. Employed by the food industry especially in

meat products and to flavor liqueurs such as Chartreuse and Benedictine and for flavoring tobacco.

Medicinal Use: Coriander seeds are used in many medicines to improve taste especially bitter laxatives. They aid digestion, reduce gas and improve the appetite. Previously coriander water was used to relieve colic. The Chinese use coriander tea to counter dysentery and measles. East Indians make the seeds into an eyewash to prevent blindness in smallpox patients. The oil is an antiseptic and was suggested by Dioscorides to great urinary tract restrictions and inflammations. Add the essential oil to ointments for painful rheumatic joints and muscles.

Cilantro has been used to help remove heavy metal poisoning or chelate toxic metals by some using a cilantro pesto recipe taking 2 teaspoons a day.

Cilantro Chelation Pesto

4 cloves garlic
1/3 cup Brazil nuts (selenium)
1/3 cup sunflower seeds (cysteine)
1/3 cup pumpkin seeds (zinc, magnesium)
2 cups packed fresh cilantro (vitamin A)
2/3 cup flaxseed oil
4 tablespoons lemon juice (vitamin C)
2 tsp dulse powder
Sea salt to taste

Process the cilantro and flaxseed oil in a blender until the coriander is chopped. Add the garlic, nuts and seeds, dulse and lemon juice and mix until the mixture is finely blended into a paste. Add a pinch to sea salt to taste and blend again. Store in dark glass jars if possible. It freezes well, so purchase cilantro in season and fill enough jars to last through the year.

Two teaspoons of this pesto daily for three weeks is purportedly enough to increase the urinary excretion of mercury, lead and aluminum, thus effectively removing these toxic metals from the body. The cleanse is done for three weeks at least once a year. A researcher named Dr. Yoshiaki Omura discovered that some patients excreted more

toxic metals after consuming a Chinese soup containing cilantro. Cilantro extract has been used as well. According to some authorities, the cilantro mobilizes the mercury (and lead and aluminum) but the chlorella bonds with it and transports it out of the body.

Dosage:

Infusion: Pour a cup of boiling water onto 1 tsp of the bruised seeds and let infuse for 5 minutes in a closed pot. Drunk before meals.

Egyptian Rheumatic Binding: Make a strong decoction of coriander leaves and lightly crushed seeds. Add 2 Tbsp leaves and 1 tsp of seeds to 1 pt boiling water. Return to heat and simmer for 20 minutes, remove and strain. Bathe with liquid and on 3-inch bandage lay strained moist green matter lengthwise, with clean bandage on top. Bind affected area. Apply hot or cold. Keep liquid in fridge for up to 3 days.

Toxicity: Coriander can be narcotic in extremely high dosages. The juice of freshly picked plants produces an effect like that of alcohol--excitement, then depression. Handling coriander plants may cause contact dermatitis.

Ritual Use: Gender--hot; planet---Mars; element--Fire; basic power--love. When coriander is grown in a garden it will protect the gardener and all who reside in the household. A bunch of it hung within the home as an herb of protection, decorated with ribbon brings peace and security to the house. It is associated with peace, and may be used in rituals performed for that effect. It may be used in a ritual drink or the seed burnt as incense. It has been used in love spells but also is known as an herb of immortality. It is used in unions of two persons who desire to share their love beyond this life.

Cosmetic Use: It was used to make Carmelite water and a special honey water which George Wilson, an apothecary, made for King James II of England. It is a pleasing after-shave lotion and takes any inflammation from the skin.

Recipe for toilet water: To 1 lb of lemon balm leaves, add 2 oz of lemon peel; and 1 oz each of nutmeg, cloves, coriander seed and chopped angelica root. Place in a home still or an old kettle with 1 pint of orange blossom or elder flower water and 2 pints of alcohol. Slowly distil, if using a kettle, collecting the toilet water, which is passed through a tube beneath cold water, in a large jar.

Recipe for Spicy Astringent Lotion: 8 Tbsp alcohol; 4 Tbsp rosewater; 4 Tbsp orange flower water; 2 Tbsp lemon peel, shredded; 1 tsp orange peel, shredded; 1 tsp grapefruit peel, shredded; 2 tsp nutmeg; 2 tsp coriander seeds; 1 tsp cloves; 1/2 tsp storax; 1/2 tsp benzoin. Mix all the ingredients together and put them in a good-sized preserving jar with an airtight lid. Secure the lid firmly. Shake it well several times a day. Leave to infuse and intermingle for seven to eight days. Strain, bottle, shake well and label.

After Shave lotion: Take 2 oz of seed which should be a year old for their orange perfume to be pronounced, and place in a pan with a tablespoon on honey and 1 pint of water. Simmer over a low flame for 20 minutes and when cool, add a tablespoonful of witch hazel and strain into bottles. If kept under refrigeration, the lotion will be especially refreshing when use.

Other Uses: Seeds are used in potpourri and to flavor tobacco.

Culinary Uses: Do not interchange seeds and leaves in recipes.....flavors are totally different though can enhance each other. The seeds are the basis of curries and salsas and a secret ingredient in apple fishes. The fresh leaves are used in the cuisines of Mexico, South America, China, southeast Asia (especially Thai and Vietnamese), the Phillipines, North Africa and East Indies. Algerians preserve their food in coriander mixed with pepper and salt. The seeds flavor the Basque drink *izzara*, melissa cordial, Chartreuse, Benedictine, Ratafia and some brands of gin and brandy. The root has been cooked and eaten like a vegetable. The seeds are used in baked goods and sweets and

are the traditional center in "jawbreaker" candies. Flowers have a flavor like a mix of anise, cumin, sage and orange.

SUGGESTED USES: Sprinkle some chopped fresh coriander leaves onto a hot, brothy soup; tuck a bunch of leaves inside a roast chicken or fish; sprinkle the leaves over bowls of chili or stir it into guacamole dip. Stir it into cooked rice along with slivers of fresh coconut, thinly sliced dried apricots and grated lemon zest. Try two teaspoons of slightly crushed seeds to your favorite apple, pear, or peach pie or strudel. Use in tomato chutney, ratatouille, frankfurters and curries. Add whole seeds to soups, sauces and vegetable dishes. Cook fresh root as a vegetable or add to curries. Cook the stem with beans and soups. Goes with mint and cumin.

RECIPES:

Thai Fish Curry

1/3 cup finely chopped onion
2 Tbsp fresh cilantro stems
2 Tbsp minced fresh lemongrass (from bottom 6-inch stalk)
1 tbsp turmeric
1 Tbsp fresh ginger
1 Tbsp ground cumin
3 large garlic cloves, halved
3/4 tsp crushed dried red pepper
1 Tbsp vegetable oil
3/4 lb sea bass fillets, 1 1/2 inch thick, cut into 3-inch pieces
1 can canned unsweetened coconut milk
2/3 cup clam juice
minced fresh cilantro
freshly cooked rice

Blend first 8 ingredients in processor to dry paste. Heat oil in nonstick skillet over medium-high heat. Add 2 tablespoons spice paste; stir 1 minute. Add fish and cook 2 minutes, turning with tongs.

Thai Turkey

3/4 lb leftover turkey breast meat
3 green onions
1 medium sized red pepper
1 garlic clove, minced
2 Tbsp soy sauce

1 Tbsp chopped cilantro
1 Tbsp honey
1 ½ tsp curry powder
1 tsp Oriental sesame oil
½ tsp cornstarch
¼ tsp crushed red pepper
2 Tbsp salad oil
cilantro sprigs for garnish

Coarsely shred turkey breast meat (about 3 cups). Thinly slice green onions; cut red pepper into 2-inch long matchstick-thin strips. In a small bowl mix garlic, soy sauce, cilantro, honey, curry powder, sesame oil, cornstarch, crushed red pepper and 1/3 cup water until well blended. In 10-inch skillet over high heat, in hot salad oil, cook green onions and red pepper, stirring frequently until vegetables are tender and golden. Stir in liquid mixture and shredded turkey meat; cook, stirring to coat turkey well until heated through. Garnish with cilantro sprigs.

Chili-Cilantro Corn Muffins

1 cup all-purpose flour
1 cu yellow cornmeal
1 Tbsp baking powder
1 tsp cumin
½ tsp salt
¾ cup water
2 large eggs
¼ cup vegetable oil
2 Tbsp fresh cilantro, chopped
1 can chopped chiles
¼ cup Parmesan cheese, shredded
3 Tbsp brown sugar

Preheat oven to 350F. Mix flour, cornmeal, cumin, baking powder, and salt in a mixing bowl. Stir together remaining ingredients. Add to dry ingredients and lightly mix. Divide batter evenly into a greased 12-muffin pan or put it all into 8 inch greased baking pan. Fill muffin tins. Bake 25 minutes, or until crust is lightly browned and a toothpick inserted into center comes out clean. (Basic Herb Cookery)

Spicy Thai Shrimp Soup with Fresh Cilantro

3 quarts chicken stock
1 pound large shrimp, shelled & deveined

2 6-inch stalks fresh lemon grass, sliced

2/3 cup lime juice
1-2 red chili peppers, seeded and thinly sliced
4 scallions, sliced
zest of 1 lime
½ cup chopped fresh cilantro
½ pound fresh straw mushrooms

In a large soup pot, combine broth, lemon grass, chili peppers, and lime zest. Bring to a boil; cover and simmer for 15 minutes. Lift out lime zest and discard. Add mushrooms and shrimp; simmer for 4 minutes. Stir in lime juice. Transfer shrimp to serving bowl. Pour in broth. Sprinkle with scallions and cilantro. (Kitchen Herbs)

Cilantro Pepper Cream Cheese

8 oz cream cheese
¼ cup chopped cilantro
3 tbsp coriander seeds
2 Tbsp freshly ground black pepper

Crush coriander seeds with mortar and pestle. Process all ingredients in food processor until just mixed. Serve with crackers or use to stuff celery stalks. (An Herbal Collection)

Spicy Appetizer Cheesecake

½ cup finely crushed tortilla chips
¼ cup butter or margarine, melted
2 (8-oz) pkgs cream cheese, softened
1 (3-oz) pkg cream cheese, softened
2 large eggs
2 ½ cups shredded Monterey Jack cheese with peppers
1 4-oz can chopped green chiles, drained
¼ cup finely chopped fresh cilantro
¼ tsp ground red pepper
1 9-oz carton sour cream

Garnishes:

½ cup chopped green pepper
½ cup chopped sweet yellow pepper
½ cup chopped sweet red pepper
½ cup chopped green onions
1 medium tomato, chopped
1 Tbsp finely chopped ripe olives
2 bunches fresh cilantro or parsley a (to garnish plate under cheesecake)

large bag tortilla chips for serving

Combine crushed tortilla chips and butter; press onto bottom of a lightly greased 9-inch springform pan. Bake at 325 for 15 minutes. Cool on a wire rack. Beat cream cheese at medium speed with an electric mixer 3 minutes or until fluffy; add eggs, one at a time, beating after each addition. Stir in cheese, chiles, ¼ cup chopped cilantro and ground red pepper. Pour into prepared pan and bake at 325 for 30 minutes. Cool 10 minutes on a wire rack. Place on a bed of fresh cilantro or parsley, if desired. Gently run a knife around edge of pan to release sides and let cool completely. Spread sour cream evenly over top; cover and chill. Arrange green pepper and remaining ingredients on top in decorative pattern. Serve with tortilla chips. Yields one 9-inch cheesecake for appetizer. (The Charlotte Herb Guild Cooks)

Cilantro Turkey Sausage

1 medium yellow onion, peeled and halved
3 cloves garlic, peeled
1/3 cup minced cilantro
1 lb ground turkey
1 tsp coarse salt
1 tsp paprika
1 tsp freshly ground black pepper
1 Tbsp olive oil

Finely mince onion and garlic by hand or in a food processor. Stir in cilantro, turkey, salt, paprika, and pepper; mix gently but thoroughly with a rubber spatula. If you want to make patties, form mixture into 15 3-inch circles. Heat the oil in a large skillet over medium heat. For patties, cook on each side about 3-4 minutes, until golden and cooked through; for bulk sausage, simply cook, stirring often, until cooked through and no longer pink. Serve hot. Sausage can be cooked ahead and gently reheated in a 300F oven or a microwave. (Morning Glories)

Black Bean- Cornmeal Muffins with Cilantro

1 ¼ cups all-purpose flour
¾ cup cornmeal
2 tsp baking powder

1 ¾ tsp sea salt
1 cup skim milk
¼ cup vegetable oil
1 egg, beaten
¾ tsp ground cumin
¾ tsp dried oregano
2 Tbsp finely chopped onion
1-2 medium tomatoes, chopped and drained
2 Tbsp finely chopped fresh cilantro
1 tsp finely chopped hot green chili
2/3 cup cooked black beans, drained
2 oz shredded Monterey Jack

Preheat oven to 400F. Grease and flour a muffin tin. In a large bowl, mix together the flour, cornmeal, baking powder, sea salt, milk, vegetable oil, egg, cumin and oregano. Fold in the onion, tomatoes, cilantro, and chili, and, gently, the beans and cheese. Pour this batter into the muffin tin. Bake 20-25 minutes, or until the muffins are a light golden brown and a fork inserted in the center comes out clean. 12 muffins (The Herbal Epicure)

Tunisian Salad (Fattoush)

2 thick sliced stale bread, cubed
1 Tbsp lemon juice
2 green peppers, coarsely chopped
2 large fleshy tomatoes, quartered
3 spring onions, chopped
4 oz Feta cheese cubed
4 oz mixed green and black olives, stoned
8 oz can tuna fish
salt to taste
3½ Tbsp olive oil
2 cloves garlic, crushed
2 tsp crushed coriander seed
1 drop chilli sauce or 3 drops Tabasco sauce

Moisten the bread with half the lemon juice diluted in 2 Tbsp water. Place this in a salad bowl with the peppers, tomatoes, onions, cheese, olives and tuna fish. Season to taste. Heat the oil in a pan, add the garlic, coriander and chilli sauce and cook for a minute or two until the garlic is lightly colored. Add the remaining lemon juice and pour over the salad. Let the flavors infuse for about 1 hour before serving as an appetizer. (The Macmillan Treasury of Spices & Natural Flavorings)

Thai Crispy Fried Beef

3 lb flank steak
3 stalks fresh lemon grass, finely chopped
6 cloves garlic, minced
2 Tbsp nuoc mam (Thai fish sauce)
2 tsp brown sugar
½ tsp ground black pepper
2 tbsp oil
3 tbsp rice flour
3 Tbsp chopped cilantro roots
12 sprigs cilantro (2-inch)
3 cups oil for deep frying

Slice beef into thin strips, 3-4 inches in length. Combine in a bowl the beef strips, lemon grass, garlic, fish sauce, brown sugar, black pepper, oil, rice flour, and cilantro roots. Mix well. Cover and let marinate in refrigerator overnight. Heat oil in a wok over medium heat. Remove strips of beef from marinade and add to hot oil one at a time. Cook until dry, about 15 minutes. Remove from oil and drain on paper towels. Serve at room temperature garnished with cilantro sprigs (An Herbal Collection)

Crab and Sweet Corn Chowder with Lime and Coriander Leaves

2-3 medium-sized sweet corn ears to produce 1 ¼ cups kernels
2 Tbsp butter
1 slim clove garlic or 1 slice o onion, chopped
2 cups milk
2 cups water
2 tsp cornstarch
3 fl oz heavy cream
pinch of ground ginger
squeeze of fresh lime juice
salt and freshly milled pepper
1 ½ cups cooked crabmeat
1 Tbsp chopped fresh cilantro leaves
Garnish: 6 cilantro leaves
Long thin curls of lime zest

Cut the kernels from the sweet corn by running a sharp knife down the sides of each cob. Melt the butter in a pan and stir in the garlic or onion and the sweet corn kernels. Add the milk and water and cook, covered, over a moderate heat for 10-15 minutes or until the sweet corn is tender. Puree the soup in a

food processor and return to the pan. Add the cornstarch blended with the cream and the ginger. Stir the soup and bring to the boil. Cook, stirring, until thickened. Season the soup with salt, pepper and lime juice. Warm six soup plates and divide the crabmeat between them. Sprinkle the coriander into the soup and ladle into the plates. Garnish with the whole coriander leaves and curls of lime zest. Serve immediately with crusty bread. (The Gourmet Garden)

Zhug

Traditional spice mix in Yeman. Use as a table condiment

2 small mild red peppers
2-3 fresh red chilies
a handful of coriander leaves
1½ Tbsp ground coriander
6 cloves garlic
seeds from 6 green cardamoms
1-2 tsp lemon juice

Finely chop the red peppers and chilies, removing the seeds. Chop the coriander leaves. Blend or pound all the ingredients to a paste, and store in a jar in the refrigerator for up to 2 weeks. (Complete Book of Spices)

Sweet Potato Relish with Fresh Cilantro and Toasted Peanuts

2 teaspoons peanut oil
3 Tbsp fresh lime juice
1 cup raw peanuts, skins removed

2 tsp rice wine vinegar
2-3 sweet potatoes, cut into matchstick julienne strips
1 tsp Dijon mustard
2 Tbsp peanut oil
½ tsp honey
½ tsp crushed dried red chile pepper
salt & fresh ground white pepper to taste
3 tsp finely chopped fresh ginger
3 medium-size scallions, chopped
2 tsp orange zest
3 Tbsp chopped fresh cilantro
½ tsp lime zest
additional cilantro sprigs for garnish
¼ cup freshly squeezed orange juice

Heat 2 tsp peanut oil in a wok. Toast the peanuts by tossing them briefly; do not allow to burn. Set aside. Briefly steam the julienned sweet potatoes in 2 batches until crisp-tender (about 1 1/2 minutes per batch); do not overcook. Drain well in a colander, then place in a clean dishtowel and squeeze out excess moisture. Wipe the wok clean; heat 2 Tbsp peanut oil. Add the ginger and crushed red chile to flavor the oil, taking care not to burn. Add the julienned sweet potatoes and toss well over medium heat until well coated and fragrant.

Place the sweet potatoes in a ceramic dish, about 9 by 10 inches. In a small bowl, mix the citrus zests and juice, vinegar, mustard, and honey; drizzle over sweet potatoes, then toss well. Mix in the chopped scallions and cilantro. Before serving, garnish liberally with half the toasted peanuts and fresh cilantro sprigs. Pass remaining peanuts in small bowl. Serves 10-12 as side dish. (The Herb Garden Cookbook)

Tilapia Cancun with Green Cashew Sauce

1 cup cashews, roasted

1/2 bunch fresh cilantro

2 cloves garlic

salt & pepper to taste

1 tsp shallots

1 1/4 lb Tilapia filets

2 serrano chiles

2 Tbsp paprika

1/4 cup peanut oil

1 Tbsp cayenne

3 Tbsp rice vinegar

1 lime, cut in half

1 Tbsp water

In a food processor, puree the cashews, garlic, shallots and chiles. When the mixture has become a paste, add the oil and continue to puree. Add the vinegar and cilantro and puree until smooth. Season with salt and pepper. Set cashew sauce aside. Rinse and dry the filets with a towel. Rub each side with a lime half and coat with paprika and cayenne. Sauté or flat grill the filets. On individual plates, place

each cooked filet on 1 Tbsp of green cashew sauce. (Monterey's Cooking Secrets) (Editor's note: this sauce is so good you'll want to put it on baked potatoes, vegetables, pasta....anything)

Chinese Noodles with Cilantro Dressing

4 quarts water

1 lb fresh Chinese wheat and egg noodles

1 1/2 Tbsp sesame oil

3/4 cup Cilantro Pesto

1/4 cup peanut oil

1/4 cup rice wine vinegar

2 Tbsp lemon juice

1/2 cup thinly sliced scallions including some green

2 tsp black sesame seeds

salt

4 tsp rice vinegar

1/8-1/4 tsp hot chili oil

cilantro leaves

Bring the water to a boil in a large pot. Add the noodles and cook until just tender, about 8 minutes. Drain and rinse in cold water. Drain well and toss with the sesame oil. Set aside. Whisk together the pesto, peanut oil, rice wine vinegar, and the lemon juice. Add the dressing, scallions, and black sesame seeds to the noodles and toss well. Season to taste with salt. Refrigerate for a few hours or overnight. Just before serving, stir in the remaining 4 tsp rice vinegar and the hot chili oil. Garnish with fresh leaves.

Cilantro Pesto

1 1/2 cups fresh cilantro leaves

1 large garlic clove

1/4 cup freshly grated parmesan cheese

3 Tbsp pine nuts

5 Tbsp olive oil

salt and freshly ground pepper

Combine the cilantro, garlic, cheese, pine nuts and lime peel in a food processor or blender. Process to mix. With the machine running, slowly add the olive oil. Season to taste with salt and freshly ground pepper and process to the desired consistency. Let stand for at least 5 minutes before serving. (Pestos!)

Coriander Chocolate Pound Cake

1 cup butter
2 cups sugar
4 eggs
2 ¾ cups all-purpose flour
½ tsp baking powder
½ tsp baking soda
½ cup unsweetened cocoa powder
2 tsp ground coriander
1 tsp grated orange peel
½ tsp ground allspice
1 cup sour cream
1 tsp vanilla extract

Preheat oven to 350F. Cream butter and sugar in a large mixing bowl until light and fluffy. Add eggs, one at a time, beating well after each addition. Combine dry ingredients; add alternatively to egg mixture with sour cream, beating after each addition. Stir in vanilla. Pour into a greased 10-inch tube pan. Bake 75 minutes or until done. Cool in pan 10 minutes; turn out on rack. (The Pickity Place Cookbook Volume III)

Crab Dip with Cilantro and Green Onions

2 7-oz tins good quality crabmeat or 2 cups fresh crabmeat
1 shallot, finely chopped
1 clove garlic, finely chopped
2 hard-boiled eggs, finely chopped
1 Tbsp Dijon mustard
1 Tbsp lemon juice
½ cup lowfat plain yogurt
dash hot pepper sauce
½ cup chopped fresh herbs (cilantro, parsley and green onions)
1 tsp prepared horseradish
½ cup mayonnaise
freshly ground black pepper
paprika and fresh parsley for garnish

Gently mix all ingredients (except for garnish) together in bowl. Add more yogurt and mayonnaise if mixture is too thick. Place in serving bowl, dust with paprika and sprinkle chopped parsley or cilantro over top. Serve warm or chilled with French bread, crackers or vegetables. (The Charlotte Herb Guild Cooks)

Cucumber Coriander Salad

4 oz pecan halves or pieces
2 medium cucumbers
10-15 coriander flowers, broken into florets (reserve 2 for garnish)
6 Tbsp plain yogurt
1 clove garlic, crushed

Toast the pecans in a small frying pan over a medium-high heat. Cut the cucumbers into quarters lengthwise. Remove the seeds and cut the remaining cucumber into 1/2-inch pieces. Mix the coriander flowers, yogurt and garlic in a bowl. Toss in the cucumber pieces and the toasted pecans. Garnish with whole coriander flowers. (Edible Flowers From Garden to Palate)

Marinated Swordfish with Chile-Coriander Pesto

6 pieces swordfish steak, 1 inch thick
¼ cup lime juice
¼ cup dry white wine
¼ cup olive oil
½ tsp ground cumin
½ tsp paprika
½ tsp salt

Chile-Coriander Pesto

1 cup fresh coriander leaves, loosely packed
¼ cup chopped parsley, loosely packed
1-2 jalapeno peppers, deveined and seeded
3 green onions
¼ cup fresh bread crumbs
1 cup vegetable oil
salt and pepper to taste

Blot steaks dry with paper towels. Mix marinade ingredients, then brush on both sides. Place fish in a noncorrosive dish and pour remaining marinade over. Cover and refrigerate 30 minutes to 1 hour. Meanwhile, combine pesto ingredients in a food processor blender. Do not overblend. Set aside. Preheat grill or broiler. Remove fish from marinade and grill or broil for 4 minutes on each side, brushing once or twice with marinade. Remove to serving platter and place a dollop of pesto on each fish steak. (Season to Taste)

Orange and Coriander Salad

1 head Boston or red leaf lettuce

1 cup cilantro
 2 or 3 medium to large oranges
 1 small red onion, sliced into thin rings
 ½ cup freshly squeezed orange juice
 ½ cup olive oil
 1 small garlic clove
 ½ tsp coriander seed, toasted and finely ground
 1 tsp orange zest
 salt and freshly ground pepper
 coriander flowers for garnish

Wash and pick over the lettuce, then tear it into large bite-sized pieces. Rinse the cilantro leaves, then spin or pat them dry with the lettuce. Peel the oranges and cut them in half lengthwise. Seed them if necessary, then cut them crosswise into 3/8-inch slices. Soak the onion rings in a bowl of cold water for 10-15 minutes.

Combine the orange juice and olive oil in a bowl or measuring cup. Put the garlic through a press into the dressing and add the ground coriander, zest, salt and pepper. Blend well with a fork and taste for seasoning.

Drain the onions and squeeze or pat them dry. Arrange the lettuce and coriander leaves on a platter or salad plates. Place the oranges decoratively on top and scatter the onion rings over them. Cover the salad with coriander flowers and drizzle about half the dressing over it. Serve the salad immediately and pass the remaining dressing. (The Herb Companion Cooks)

Persian chicken with herbs

4 oz butter
 ¼ cup chopped mint
 2 medium onions, sliced
 ¼ cup chopped coriander leaves
 1 boiling chicken
 1/3 cup walnuts, chopped
 2 cups chicken stock
 2/3 cup orange juice
 salt and black pepper
 grated rind of 2 oranges
 1 cup chopped parsley
 2 eggs, beaten (optional)
 1 cup chopped chives

Melt 1 oz of the butter in a large pan and sauté the onions until golden. Add the

chicken to the pan with the stock and seasoning. Cover and simmer for 1 hour until tender. Melt the remaining butter in a pan and lightly cook the parsley, chives, mint and coriander to flavor the butter. Add to the chicken, then stir in the chopped walnuts, orange juice and rind. Simmer for 30 minutes. If liked, stir in the beaten eggs just before serving. Accompany with noodles or rice. (The Complete Book of Herbs)

Mini Coriander Biscuits

2 cups whole wheat pastry flour
 1 Tbsp baking powder
 2 tsp ground coriander
 2 Tbsp sesame seeds
 2 Tbsp grated Parmesan cheese
 2 Tbsp snipped chives
 ¼ cup cold butter
 1 cup milk
 1 egg beaten with 1 tsp milk
 sesame seeds

In a large bowl combine the flour, baking powder, coriander, sesame seeds, Parmesan and chives. Then, cut in the butter with a pastry blender or two knives until the mixture forms a coarse meal. With a fork stir in the milk until the mixture forms a soft dough and leaves the sides of the bowl. Turn the dough out onto a lightly floured surface, and, with floured hands, form it into a log about 1 1/2 inches thick. With a sharp knife cut into pieces about 3/4 inch thick. Arrange the pieces on their sides on a lightly greased baking sheet, leaving about an inch between each biscuit. Brush with egg glaze and sprinkle with sesame seeds. Bake at 375F for 20 minutes, or until the biscuits are puffed and lightly browned. Serve warm. (Cooking with the Healthful Herbs)

Warm Chicken Salad with Sesame and Coriander Dressing

4 medium chicken breasts, boned and skinned
 8 oz snow peas
 2 heads decorative lettuce such as lollo rosso or oak leaf
 3 carrots, peeled and cut into small matchsticks
 6 oz button mushrooms, sliced

6 rashers of bacon, fried and chopped

Dressing:

2 Tbsp whole grain mustard

1 cup olive oil

1/3 cup sesame oil

1 tsp coriander seeds, crushed

1 Tbsp fresh cilantro leaves chopped to garnish

Mix all the dressing ingredients in a bowl. Place the chicken breasts in a shallow dish and pour on half the dressing. Refrigerate overnight, and store the remaining dressing.

Cook the snow peas for 2 minutes in boiling water, then cool under running cold water to stop them cooking any further. Tear the lettuces into small pieces and mix all the other salad ingredients and the bacon together. Arrange all these in individual serving dishes.

Grill the chicken breasts until cooked through, then slice them on the diagonal into quite thin pieces. Divide between the bowls of salad, and add some dressing to each dish. Combine quickly and scatter some fresh coriander over each bowl. (The Complete Book of Herbs)

Liqueur of Love

1 Tbsp coriander seed

1 tsp cardamom seed

1 star anise flower

6 whole cloves

6 rose hips

2 cups water, divided

1 cup honey

2 Tbsp dried hibiscus flowers

3 tsp orange zest

1 cup 100-proof vodka

1/2 cu brandy

Coarsely grind coriander, cardamom, star anise, cloves, and rose hips in coffee grinder or food processor. Bring 1 cup water and honey to a boil over medium-high heat. Boil for 2-3 minutes, skimming off any foam that rises to the surface. Add spice mixture and boil for 4 minutes more. Remove from heat and let stand for 5 minutes. Place hibiscus flowers in bowl. Use a fine-mesh strainer to strain syrup into bowl. Let stand for 10 minutes, then strain into a clean 1-quart container. Add orange zest, vodka, and brandy.

Top off with remaining water. Cover and let stand in a cool, dark place for 1 month. Use a coarse sieve or colander to strain out orange zest. Discard. Rack or filter liqueur into final container and age for 1 month before serving. (Cordials from Your Kitchen)

Lime and Cilantro Vinaigrette

3 Tbsp lime juice

2 Tbsp white wine vinegar

2 Tbsp fresh cilantro

1 Tbsp ground ginger

1 clove garlic, chopped

1/3 cup vegetable oil

1 Tbsp olive oil

salt and pepper

Whip lime juice and next 4 ingredients together in a small bowl. Slowly beat in vegetable oil, then olive oil. Season with salt and pepper. (Today's Herbal Kitchen)

Singapore Rice Vermicelli

1/2 lb rice vermicelli

4 Tbsp peanut oil

1 onion, sliced into thin half-rings

1 Tbsp curry powder

1/4 tsp ground cayenne pepper

1 red bell pepper, seeded and julienned

1 lb medium shrimp, shelled and deveined

2 cups fresh mung bean sprouts

2 scallions (white and 2 inches of green), thinly sliced

hot and spicy nuts

1/4 cup fresh cilantro, finely chopped

Soak the rice vermicelli in warm water to cover for 1 hour, or until softened. Drain well. In a large pot of boiling water, add 1 tablespoon of the oil and the vermicelli. Cook for 1 minute, or until just tender. Rinse with cold water and drain well. Set aside. Heat the remaining 3 tablespoons of oil in a wok or skillet over medium heat until hot but not smoking. Add the onion and sauté for 3 minutes, or until softened and translucent. Add the curry powder and cayenne pepper and cook, stirring, for 1 minute. Add the bell pepper and cook, stirring constantly, for 2 minutes, or until softened. Stir in the shrimp and sauté for 3 minutes, or until firm and opaque. Add the

bean sprouts, scallions, and vermicelli, stirring well. Sprinkle with Hot and Spicy Nuts and cilantro and serve.

Hot and Spicy Nuts

2 Tbsp unsalted butter
1 Tbsp oyster sauce
1 tsp fresh lemon juice
½ tsp Cajun Seasoning
½ tsp garlic powder
½ tsp Szechuan pepper
½ tsp dried thyme, crumbled
½ tsp fine sea salt or salt
1 ½ cups unsalted macadamia nuts, Brazil nuts, or hazelnuts

Preheat the oven to 350F. Melt the butter in a small saucepan over low heat. Add the oyster sauce, lemon juice, Cajun Seasoning, garlic powder, Szechuan pepper, thyme, and salt. Simmer for 2 minutes. Add the nuts and stir to coat thoroughly. Spread the nuts on a baking sheet and bake for 10 minutes, or until heated through. (Adriana's Spice Caravan)

Chicken with Coriander and Pistachio Nuts

3 Tbsp butter
1 onion, sliced
1 clove garlic, minced
1 cup regular rice
1 can condensed chicken broth (if regular broth is used, use two cans) and no water
1 can water
½ tsp salt
1 tsp ground coriander
¼ tsp cumin seeds or ground cumin
pinch of cinnamon
pinch of cayenne
2 Tbsp pistachio nut meats
2 Tbsp raisins
4-6 boneless chicken breasts
1 onion, cut in slices
1 Tbsp butter, cut in small pieces

In a large heavy oven proof skillet, melt butter and sauté the onion for 4-5 minutes. When the onion is limp, add the garlic and rice. Stir until the rice is coated with butter, adding more butter, if necessary. Then add the condensed broth and an equal amount of water, salt and coriander, cumin, cinnamon and

cayenne, plus the pistachio nut meats and raisins. Stir. At this point there will be a lot of liquid on top of the rice, so sink the boneless breasts of chicken in it and cup up the onion in slices and float these over the chicken. Dot with butter and bake uncovered at 350F for 45 – 50 minutes. As the rice cooks, it rises up and around the chicken, keeping it moist. With the onions on top and the spices throughout, it browns and becomes fragrant. (In the Kitchen at Shale Hill Farm & Herb Gardens)

Singer Chicken

4 chicken breast portions
3 Tbsp mild French mustard
½ cup dry white wine
¼ cup water
½ lemon or 1 lime, thickly sliced
1 Tbsp chopped fresh coriander
1 Tbsp butter
1 Tbsp oil
2 tsp ground coriander
1 tsp ground cumin
½ tsp cayenne
6 oz small green grapes
6 oz thick sour cream
4 oz thick yogurt
1 small can (6 oz) water chestnuts, drained
2 Tbsp chopped fresh coriander or parsley to garnish

Preheat oven to 375F. Put the chicken in an oven-proof dish and smear with two-thirds of the mustard. Add the wine, water, lemon or lime slices and coriander. Dot with the butter cover with foil and bake for half an hour, or until the chicken is just cooked. Leave to cool in its juice, then skin it and cut or tear into bite-sized pieces. To make the sauce, heat the oil in a small pan, add the spices and fry for a minute or two. Take off the heat and add the sour cream, yoghurt and the remaining mustard. Chill. To serve, combine the chicken, the halved water chestnuts, the grapes and sauce, thinning if necessary with a little of the chick juice, and top with coriander or parsley, (The Hot and Spicy Cookbook)

Cilantro Aioli

1 clove garlic

1 egg
½ bunch cilantro (approx 2/3 cup coarsely chopped)
juice of 1 lemon
1 Tbsp Dijon mustard
½ jalapeno
½ cup vegetable oil
½ cup fruity olive oil
salt

Mince garlic in food processor. Add egg, cilantro, lemon juice, mustard, and jalapeno and process until smooth. With machine running, slowly dribble in oils. Add salt to taste. (Hot and Spicy)

Cabbage Salad With Cilantro and Toasted Almonds

1 head of organic cabbage, outer leaves and core removed, and shredded in a food processor or by hand
3 carrots, peeled and shredded with the cabbage, or by hand
1 cups organic cilantro, shredded in a food processor with the cabbage, or finely chopped
1 cup almonds, toasted in a 325 degree oven for approximately 10 minutes, and then chopped
2 Tb. olive oil
1 Tb. toasted sesame oil
2 Tb. brown rice vinegar
1-2 Tb. lime juice
1 tsp. honey or agave syrup- optional
1 Tb. wheat-free soy sauce
Himalayan or sea salt to taste

Mix all ingredients in a large bowl.
Taste and adjust seasonings, if necessary.
Serves 4-8.

Chicken With Lime, Chili and Fresh Herbs (Larb Gai)

2 tablespoons water
16 ounces coarse-ground or fine-chopped white- or dark-meat chicken
½ teaspoon hot chili powder (preferably Thai or Lao)
4 teaspoons fish sauce (nam pla)
5 teaspoons fresh-squeezed lime juice
¼ cup slivered red onions

2 tablespoons chopped cilantro
2 tablespoons sliced scallions
2 tablespoons roasted rice powder*
10 whole mint leaves, more for serving
Lettuce leaves and cucumber spears, for serving
4 cups Sticky or Sweet Rice (recipe given) or cooked jasmine rice, optional

Heat a wok or skillet over medium-high heat. When very hot, add water, and then add chicken, stirring constantly to break up lumps. Stir 2 minutes, just until cooked through; transfer to a mixing bowl. While chicken is just warm, add chili powder, fish sauce, lime juice, onions, cilantro, scallions and rice powder. Mix gently but thoroughly. Adjust seasonings to make mixture tangy, salty and lightly spicy. Spoon onto plate and surround with mint, lettuce and cucumber spears. If serving with sticky rice, pinch some off, mold into small balls and dip into larb, scooping up a little of each ingredient. Or scoop larb into lettuce leaves. Makes 4 to 6

Rice & Herb Salad

Cooking Time 15 minutes

Ingredients (serves 6)

1 1/2 cups jasmine rice
3/4 cup water
1/2 cup desiccated coconut
1 bunch fresh mint, leaves picked, chopped
2 bunches fresh coriander, leaves picked, chopped
1 stem lemon grass, pale section only, thinly sliced
4 shallots, trimmed, thinly sliced
6 fresh kaffir lime leaves, vein removed, finely shredded
1 small Lebanese cucumber, finely chopped
1 celery stick, trimmed, finely chopped
2 small fresh red chillies (optional), halved, deseeded, thinly sliced
2 Tbs fresh lime juice
1 1/2 Tbs fish sauce

Place the rice and water in a medium saucepan over medium heat. Cover and bring to a simmer. Reduce heat to low and cook for 15 minutes or until the rice is almost tender. Set aside for 10 minutes to cool. Spread the rice

over a large baking tray. Set aside to cool completely. Meanwhile, place the coconut in a non-stick frying pan over medium-low heat. Cook, stirring, for 1-2 minutes or until toasted. Combine the rice, coconut, mint, coriander, lemon grass, shallot, lime leaves, cucumber, celery and chili, if desired, in a large serving bowl. Combine the lime juice and fish sauce in a jug. Add to the rice mixture. Toss to combine. Season with salt and pepper.

Prawns with Summer Leaves and Herbs

800g shell-on prawns
4 handfuls of washed salad leaves
2 tbsp olive oil
1 tsp sea salt

For the dressing (makes about 300ml)

3 egg yolks
2 tsp Dijon mustard
250ml groundnut oil
1 tsp tarragon vinegar, or lemon juice
white pepper
3 hard-boiled egg yolks (from eggs boiled for 8 minutes)
10 green olives, pitted and roughly chopped
½ sweet green pepper, finely chopped
4 tbsp chopped flatleaf parsley
2 tbsp chopped tarragon
1 spring onion, chopped into rings

First make the mayonnaise base: Put the egg yolks and mustard in a small bowl and slowly add the oil, beating with a wooden spoon. Begin adding the oil drop by drop; you can increase the flow as you go. The mixture will get paler and heavier and should be a smooth emulsion. When you have finished adding the oil, season with the vinegar or lemon juice, salt and white pepper. Grate the hard-boiled egg yolks and add to the dressing with the remaining ingredients. Remove the shells from the prawns – put the prawns with the leaves in individual bowls, dress with the extra olive oil and salt – and spoon some dressing on top.

Vegetable platter

1 lg head of Boston lettuce
Soft lettuce, separated individual leaves

1 bunch of scallions, cut into 2 inch lengths
1 cup cilantro leaves
1 cup mint
1 cup Asian or regular basil
1 cucumber, peeled in alternating strips, halved lengthwise and sliced thinly crosswise
4 oz fresh bean sprouts
Pickled shallots (optional)

On a large platter, decoratively arrange all of the ingredients in separate groups. Other additions would be cilantro and Rau Ram.

Serves 4-

Thai Fish Cakes with Honey and Herb Dip

500g (1lb 2oz) white fish (cod, ling or pollock)
1 tbsp Thai fish sauce
1 tbsp red curry paste
2 tbsp chopped coriander
2 spring onions, finely sliced
1 egg
Pinch of dried chilli
Juice and zest of 1 lime
2 tbsp plain flour, for dusting
Sunflower or groundnut oil, for shallow frying
1 bunch of watercress
For the Honey Dip
2 tbsp honey
1 tbsp vinegar
1 small onion, finely chopped
2 tbsp tomato ketchup
½ tbsp each of chopped mint and coriander

Put the honey in a small pan with the vinegar, onion and ketchup. Bring to the boil, remove from the heat and leave to cool. Add the herbs. Put all the ingredients for the fish cakes, except the oil, flour and watercress, in a food processor and blitz. Shape the mixture into small patties and dust in flour. Preheat the oven to 325°F. Heat the oil in a pan and shallow fry the fish cakes until golden. Transfer to a baking sheet and put them into the preheated oven for 5 minutes to heat through. Serve with the dip and some of the watercress

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