

SPICE OF THE MONTH

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June's spice is coriander seeds!

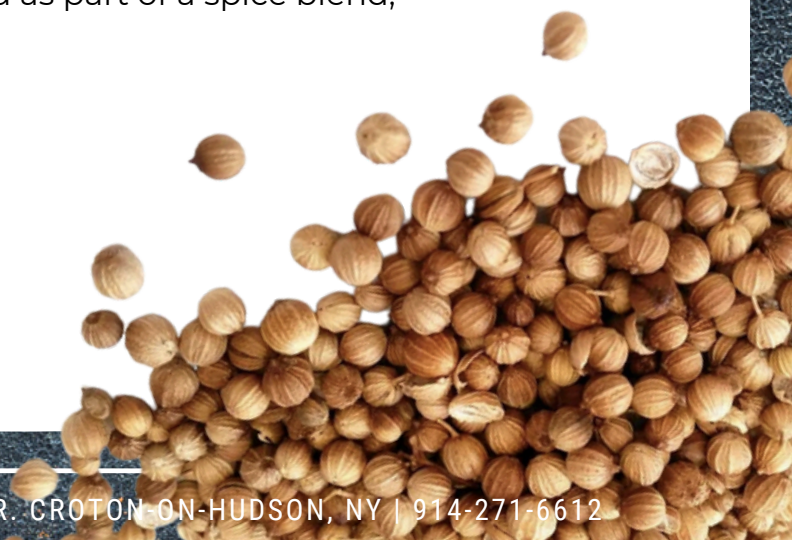
Time for our most controversial spice yet: coriander seeds, which come from the same plant — *Coriandrum sativum* — that gives us fresh cilantro leaves and stems. ("Cilantro" is the Spanish word for coriander; it's the same plant.)

It's a divisive herb! About a quarter of people say they only taste dish soap when they eat the plant's leaves or seeds, because of a gene that allows them to detect a particular organic compound called an aldehyde.

It's a member of the parsley family, now grown all over the world but native to the Middle East, the Mediterranean, and northern Africa. Coriander is also considered a cooling spice, to counter hot foods — in terms of both temperature and spice level.

The seeds, which are also the dried fruits of the plant, are lemony and mild. Their flavor intensifies when heated up.

If smashed or crushed, they add a bright flavor to meats or tofu that cook for a short time at a high temperature, like grilling or broiling. They can also be used in a marinade, to season foods that cook slowly, or ground up and included as part of a spice blend, like garam masala.



Sources - coriander seeds

All the books listed here are available to check out from the Croton Free Library.

- *The Encyclopedia of Herbs, Spices & Flavorings: A Cook's Compendium* by Elisabeth Lambert Ortiz
- Penzeys.com
- Wikipedia: Coriander

These recipes are from:

- *Grill It!* by Chris Schlesinger & John Willoughby
- *Jerusalem* by Yotam Ottolenghi
- *Turkey* by Leanne Kitchen
- *Zaitoun: Recipes from the Palestinian Kitchen* by Yasmin Khan

What did you cook with your
coriander seeds?

Post it on social media with the hashtag
#CrotonSpiceClub and tag us, or send a
photo & description to
gglazer@wlsmail.org!

Coriander seeds purchased from Penzey's Spices.