

# Flavors of the World:

## Coriander/cilantro

Presented 6/19/2018 by Anoush Cowles

**All recipes by Anoush Cowles**

Cilantro and coriander are two names for the same herb.

In the U.S., we refer to the seeds of the plant as coriander; we call the fresh plant the Spanish name, cilantro. The two herbs, however, should not be used interchangeably. Coriander seeds have a warm, spicy flavor and are used in sauces, curries and stews. Cilantro

has the reputation for love-it or hate-it flavor. Many of us in the U.S. associate cilantro with Mexican cuisine, where it brings an aromatic bright, tangy (haters say soapy) kick to dishes. Store fresh cilantro as a bunch in a jar, like flowers.



### Cilantro Pesto

*This spin on classic pesto sauce is great on pasta, or in a variety of other dishes. For a more fluid sauce, add additional olive oil.*

#### Ingredients

- 1 cup packed fresh cilantro leaves
- ½ cup walnuts
- 3 cloves garlic
- ¼ cup Parmesan cheese
- ¼ cup olive oil
- ½ teaspoon salt

#### Directions

1. Combine all ingredients in a food processor and process until smooth.

### Cilantro Pesto Potato Salad

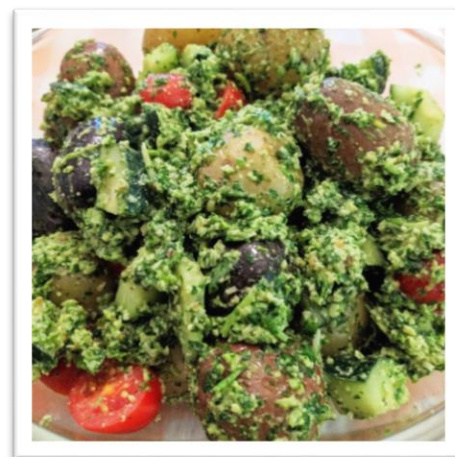
*Serves 4-6*

#### Ingredients

- 1 pound yellow or red potatoes, cubed (or whole baby potatoes)
- 1 pint cherry tomatoes, halved
- 1 cucumber, seeded and diced
- Cilantro Pesto (recipe above)

#### Directions

1. Boil the cubed potatoes in water until fork tender. Drain.
2. Combine potatoes, tomatoes, cucumber, and Cilantro Pesto and toss.
3. Serve warm or cold.



## Esquites

*Serves 4-6. This off-the-cob version of Mexican street corn (elotes) is full of flavor and so easy to put together. The cilantro adds freshness and complements the smoky sweetness of the corn.*

### Ingredients

4 ears shucked sweet corn  
1 clove garlic, minced  
1 jalapeno, seeded and finely diced  
½ cup green scallions, chopped  
½ cup fresh cilantro, chopped  
2 Tablespoon mayonnaise  
1 Tablespoon lime juice  
2 ounces cotija or feta cheese, finely crumbled  
Salt and chili powder to taste



### Directions

1. Char the ears of corn on a grill, or put the ears directly on the rack of your oven under the broiler and broil on high (turning once) until the corn is charred.
2. Set the corn aside to cool while you chop the other ingredients.
3. Once corn is cooled a bit, carefully cut the kernels off the cobs and place into a mixing bowl. Don't burn your fingers!
4. Add all the ingredients to the corn and toss to combine.
5. Garnish with a bit of extra cotija or feta cheese, cilantro and a sprinkle of chili powder. Enjoy warm or at room temperature.

## Easy Coriander Peach Upside Down Cake

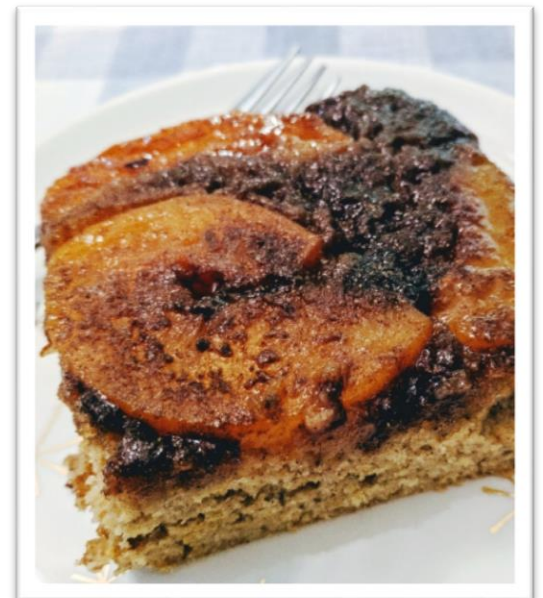
*Serves 10-12*

### Ingredients for topping

½ cup (1 stick) unsalted butter, cubed  
1 cup dark brown sugar  
2 Tablespoon ground coriander  
1 teaspoon cinnamon  
1 teaspoon ground ginger  
¼ teaspoon salt  
2 cans sliced peaches, drained

### Ingredients for cake batter

1 yellow cake mix (and the ingredients needed to prepare the mix)  
The zest of 1 orange  
2 Tablespoon ground coriander  
1 teaspoon cinnamon  
1 teaspoon ground ginger



## Directions

1. Preheat the oven to 350 degrees F. Place the cubed butter in a 9x13" cake pan and place in the preheating oven to melt the butter.
2. Combine the brown sugar and spices for the topping (coriander, cinnamon and ginger), and mix well. When butter is melted, sprinkle the sugar mixture evenly into the cake pan. Arrange the drained peaches evenly over the sugar mixture.
3. Prepare the cake mix as directed on the package, adding to the wet ingredients the zest of 1 orange and the spices for the cake batter (coriander, cinnamon and ginger) before the dry ingredients are added. Pour the cake batter evenly over the peaches.
4. Bake as directed on the cake mix package, until an inserted toothpick comes out clean from the center of the cake.
5. When cool, hold a serving tray on top of the cake pan and flip over to invert the cake. Enjoy!

## Coriander BBQ Rub

*Many BBQ rubs include coriander. This simple spice mix complements a wide variety of meats and can be used anywhere you would like a smoky sweet BBQ flavor.*

## Ingredients

- ¼ cup brown sugar
- ¼ cup smoked paprika
- ¼ cup sweet paprika (often just labeled paprika)
- ¼ cup garlic powder
- 3 Tablespoon ground coriander
- 3 Tablespoon salt
- 3 Tablespoon black pepper
- 2 Tablespoon onion powder
- 1 Tablespoon cumin
- 1 Tablespoon dry mustard
- 1 Tablespoon allspice

## Directions

1. Combine all ingredients thoroughly, and store in an airtight container.
2. To use as a rub on ribs or other meats, season liberally with the BBQ Rub and let rest on the meat before grilling, smoking or roasting.