

# AtoZ World Food by World Trade Press

## Spices: Coriander



### Description

Coriander (*Coriandrum sativum*) is an herbaceous annual. With slender, bright green branching stems, the plant usually grows to about two feet (half a meter) in height. The seeds are small, nearly spherical, and ridged, with a brownish-green or beige color, and are likely to split in half when dried.

### Origin

Native to the Middle East and southern Europe, coriander was used across the ancient world, and was an element of many traditional Asian foods. Coriander is currently grown in Russia, India, South America, North Africa, and Holland, with the greatest concentration of plants in Morocco.

### Varieties

While all parts of the coriander plant are edible, the leaves and seeds are the most commonly used. Coriander leaves, called cilantro, appear in many world cuisines as a flavoring herb. The seeds are generally dried or powdered, and are called coriander.

### Flavor Profile

The flavor of coriander seeds is warm, sweet, mild, and slightly citrusy, and is accompanied by a strong, pleasant aroma.

### Nutrient Profile

Coriander is rich in phytonutrients, and is an excellent source of vitamin K. Coriander is also a good source of vitamin A, beta-carotene, vitamin C, and manganese.

### Preparations

Coriander seeds are prepared by dry-frying without oil, and can be used whole, crushed, or ground. Coriander is a component of curry powders and Indian pickling spices, and is an ingredient in the Indian dish garam masala. The popular Arab-world spice mixture *taklia* is mainly composed of coriander and garlic. Coriander is often used in smoked meats or prepared game, lamb, or kid, and appears in many Spanish chili recipes. In addition to use in savory preparations, coriander seeds can also be made into sugared comfits.

### Season

Ground coriander and coriander seeds are available year-round in the spice aisle of grocers. Fresh coriander is harvested in late spring and early summer. Seeds ready to be harvested have a pleasant odor, while unripe seeds smell unpleasant.

### Did You Know?

Coriander was used in many European and Asian traditional remedies, either baked into cakes or pressed for its oil. It was often used to mask other bitter medicinal tastes.

-Carina Saxon for World Trade Press

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# Turlitava (Mixed Pan Stew)

Turlitava (literally, “mixed pan” in Turkish) is, as its name suggests, a melting pot of meats and seasonal vegetables stewed to delectable perfection in a clay pot. The key to a delicious turlitava is okra, which thickens the stew naturally. Best of all, this one-pot dish is an excellent option for the crockpot—ready by dinnertime, accompanied by rice or buttered noodles. Recipe Servings: Serves 4

**Prep Time:** 20 minutes

**Cook Time:** 8 hours

**Total Time:** 8 hours 20 minutes

Vegetarian

Vegan

Gluten Free

Dairy Free

Kosher

Halal

## Ingredients

- 1.5 lbs (750 g) cubed meat (beef, chicken, lamb)
- 2 Tbsp (30 ml) tomato paste
- 2 large cubed tomatoes
- 2 large cubed potatoes
- 2 cups (480 ml) asparagus, cut into pieces
- 1 tsp (5 ml) ground cumin
- 2 tsp (10 ml) ground coriander
- 1 tsp (5 ml) ground allspice
- 2 tsp (10 ml) salt
- 1 tsp (5 ml) ground pepper
- 1 Tbsp (15 ml) fresh thyme leaves
- 1 large seeded, cubed green bell pepper
- 1 large cubed red onion

## Directions

Combine all the ingredients in a crockpot. Let it slow-cook for 8 hours on medium. Serve with rice or buttered egg noodles.

# Falafel (Fried Chickpea Balls)

Falafel is a traditional food in Middle Eastern cuisine. The name of the dish means “pepper” in Arabic, but similar words in Persian, Sanskrit, and Aramaic mean “round” or “little balls,” a likely reference to the shape of a falafel. These fried balls or patties made from spiced chickpeas are a popular form of fast food in Iraq that typically served with tahini sauce, sa light alad, and pita bread. Recipe Servings: Serves 4

**Prep Time:** 30  
minutes  
+ 8 hours resting

**Cook Time:** 20  
minutes

**Total Time:** 8 hours 50  
minutes

Vegetarian

Vegan

Gluten Free

Dairy Free

Kosher

Halal

## Ingredients

- 2 cups (450 g) dried chickpeas
- 1 medium onion, quartered
- 2–3 cloves garlic
- 2–3 slices stale bread
- 1/4 cup (115 ml) parsley
- 1/3 red bell pepper
- 2 tsp (10 ml) salt
- 3/4 tsp (3 ml) black pepper
- 2 tsp (10 ml) cumin
- 2 tsp (10 ml) ground coriander
- 1 tsp (5 ml) red hot pepper flakes
- 4 tsp (20 ml) flour
- 2 tsp (10 ml) baking powder
- 1/4 cup (60 ml) water
- 1 tsp (5 ml) baking powder
- 1/2 cup (120 ml) water
- Vegetable oil for deep frying

## Directions

Place chickpeas in a large bowl, clean them, removing any stones, cover generously with water, and soak overnight. Drain chickpeas, and add onion, garlic, bread, parsley, and red sweet pepper. Run through a food processor. Add spices, flour, 2 teaspoons of baking powder, and water and mix well. In a small dish, mix the remaining baking powder and water. Use it to moisten the palm

of your hands and form balls of the chickpea mixture the size of walnuts, then flatten a bit. Deep fry in oil at medium high heat until golden brown. Serve hot. Serve with slices of pita bread, salad, and tahini. Hot peppers may also be sprinkled on top.