Poplar Creek Public Library District's

SPICE CLUB

CORIANDER RECIPES

July 2026

Being an amalgamating spice, coriander seed is rarely the main ingredient. In this dish it works perfectly with the orange, soy sauce and sweet onions.

Recipe and excerpt from the following cookbook

THE SPICE AND HERB BIBLE

by Ian Hemphill

Call #: 641.3383 Ham

Available for checkout from the Poplar Creek Public Library District.

PORK TENDERLOIN IN ORANGE SAUCE

Makes 6 Servings

3 pork tenderloin fillets (about 8 oz / 250 g)

MARINADE
2 tbsp olive oil

Zest and juice of 2 oranges

2 tbsp soy sauce

2 tbsp white wine vinegar

1 tsp fine sea salt

2 tbsp ground coriander seed

CARAMELIZED ONIONS
¼ cup olive oil

4 onions, finely sliced

¼ cup superfine (caster) sugar*

¼ cup olive oil

¾ cup dry sherry

Sea salt and freshly ground black pepper

1. Marinade: In a shallow bowl, combine oil, orange zest and juice, soy sauce, vinegar, salt and coriander seed. Add pork and turn to coat well. Cover and set aside in the refrigerator for at least 1 hour.

2. Caramelized Onions: In a skillet over low heat, heat oil. Add onions and sugar, stir well, and cover with a tightfitting lid. Cook, stirring occasionally, for 15 minutes, until soft. Uncover and cook, stirring often, for 2 to 3 minutes, until golden. Set aside.

3. Remove pork from marinade and let excess drain off into bowl, reserving marinade. In a skillet over medium heat, heat oil. Add marinated pork and cook until an instant-read thermometer inserted in the thickest part of the meat registers 160°F (71°C), 8 to 12 minutes. Transfer to a plate and cover with foil to keep warm.

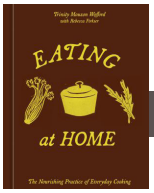
4. In the same skillet over medium heat, bring reserved marinade to a boil. Cook for 10 minutes, until reduced to a thick syrup. Add sherry and return to a boil. Season with salt and pepper to taste and stir well.

5. Slice pork on the diagonal, 1 inch (2.5 cm) thick, and divide equally among 6 serving plates. Top with caramelized onions and pour sauce overtop.

SUBSTITUTION TIP*
Superfine (caster) sugar is a very fine granulated sugar typically used in recipes that require a faster-dissolving granule. If you can't find it in stores, you can make your own by using a food processor fitted with the metal blade to process granulated sugar to a very fine, sand-like consistency.

Polenta has the charm of making a simple weeknight dinner feel a little elegant. This recipe works with any sheet pan veg, but I especially love it with broccoli rabe. Coriander is my favorite cooking spice for savory dishes, because it adds a floral, citrus note wherever it's added.

Recipe and excerpt from the following cookbook



EATING AT HOME: THE NOURISHING PRACTICE OF EVERYDAY COOKING

by Trinity Mouzon Wofford

Call #: 641.5 Wof

Available for checkout from the Poplar Creek Public Library District.

ROASTED VEG OVER TOASTED CORIANDER POLENTA

Makes 4 Servings

2 tablespoons coriander seeds*

3 cups whole milk

3 cups water, plus more as needed

1 cup polenta (not instant)

Sea salt

4 cups cut-up **The Perfect Sheet Pan Veg**, such as broccoli, carrots, or summer squash

½ cup finely grated Parmesan cheese (optional)

3 tablespoons unsalted butter

2 tablespoons fresh lemon juice

***NOTE**
If you don't have whole coriander seeds, use 1 tablespoon ground coriander, toasted for 15 to 30 seconds; or 2 teaspoons whole black peppercorns, toasted according to the recipe.

1. Heat a large pot over medium heat. Add the coriander and toast, shaking the pan frequently, until the seeds are very fragrant, 30 seconds to 1 minute. Pour out into a small bowl to cool. Once cool, finely grind in a mortar and pestle or spice grinder.

2. Add the milk and water to the pot, increase the heat to medium-high, and bring to a boil. Whisk in the polenta and ½ teaspoon salt and bring to a simmer (you should see small bubbles). Reduce the heat to low, cover the pot, and continue to cook, whisking every 10 minutes or so, until the polenta is tender and creamy, like a loose porridge, 25 to 35 minutes. As it cools it will continue to thicken, so err on the side of a looser mixture.

3. Meanwhile, reheat the veg in a 350°F oven until warmed through, about 10 minutes.

4. When the polenta is cooked through, give it a whisk and add more water as needed to loosen to your desired texture. Turn off the heat and stir in the ground toasted coriander, Parmesan (if using), and butter. Season with more salt to taste.

5. Drizzle the lemon juice over the warm veg, then serve over the polenta.

THE PERFECT SHEET PAN VEG

1. Place about 2 pounds of veg in a large bowl and toss with a few pinches of sea salt, some black pepper, and a glug of extra-virgin olive oil (the exact amount of oil isn't important; the veg should be well-coated in oil but not swimming).

2. Preheat the oven to 425°F with a sheet pan inside—by the time the oven is preheated, so is your pan.

3. Remove the hot sheet pan from the oven and quickly add the veg in a single layer, with one cut-side down. If you run out of space on the pan, don't crowd it—just hold the extras aside for another round of roasting. You should hear a sizzle when the veg hits the pan.

4. Return the sheet pan to the oven. Roast, tossing after 15 minutes, and continuing to cook until the veg is fork-tender, another 10 to 20 minutes depending on the veg, and golden brown.

Dad recalls Granny writing her books on herbs in the 1950s and '60s. One of his favorites was this crumble, which Mum perfected for us. My sisters and | used to feel as if we'd won the jackpot if we found one of the four cloves in our bowl. Using freshly ground coriander seeds in this crumble showcases the versatility of this wonderful spice. Serve with whipped cream, ice cream or custard.

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APPLE AND RHUBARB CORIANDER CRUMBLE

Makes 6 Servings

6 Granny Smith apples, peeled, cored and sliced

1 bunch rhubarb (about 10 oz/300 g), cut into 2-inch (5 cm) pieces

4 whole cloves

2 tsp ground cinnamon

1 cup old-fashioned rolled oats

1 cup all-purpose flour

½ cup lightly packed brown sugar

2 tsp ground coriander seed

½ cup butter

1. In prepared baking dish (9-inch square glass baking dish, greased with butter), layer apples and rhubarb. Sprinkle with cloves and cinnamon. Set aside. Preheat oven to 350°F.

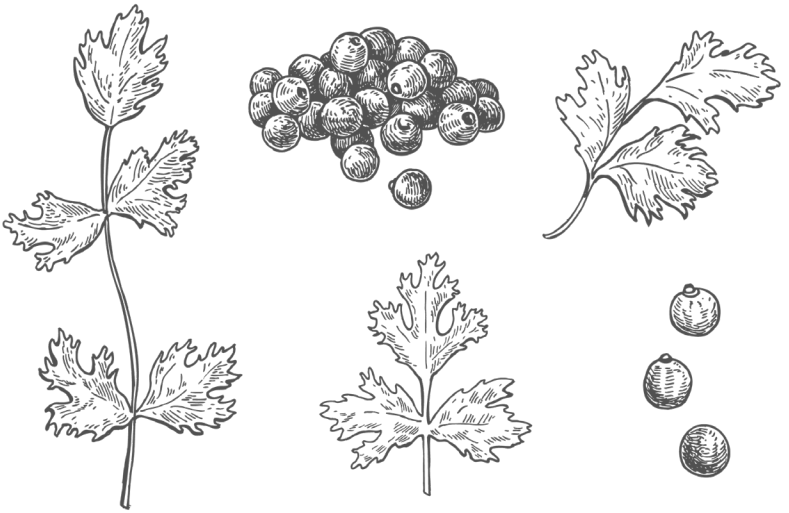
2. In a bowl, combine oats, flour, sugar and coriander seed. Using your fingertips, rub in the butter until the mixture is crumbly. Spread the crumble mixture evenly and lightly (do not press down) over apples and rhubarb. Bake for about 30 minutes, until apples are tender and topping is golden brown.

TIP

The crumble can be prepared and frozen before cooking. It will keep in a resealable bag in the freezer for up to 1 month. Bake from frozen for about 35 minutes, until apples are tender and topping is golden brown.

VARIATION

Try substituting an equal quantity of chopped peeled pears for the rhubarb.



Did You Know?

- Coriander is a member of the carrot family
- Coriander is native to southern Europe and the Middle East
- Coriander is an ancient spice; coriander seeds have been found in the tombs of the pharaohs
- The strongly-scented leaves of the coriander plant are cilantro
- When crushed, coriander seeds give off a lemony flavor due to the organic compounds they contain

Sources:
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Healing Spices: how to use 50 everyday and exotic spices to boost health and beat disease, Bharat Aggarawal - 615.321 Agg

The Spice & Herb Bible, Ian Hemphill - 641.3383 Ham

The Encyclopedia of Spices & Herbs: an essential guide to the flavors of the world, Padma Lakshmi - 641.3383 Lak

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