



Whole Coriander Seed

Coriander is considered both an herb and a spice since both its leaves and its seeds are used as a seasoning condiment. Fresh coriander leaves are more commonly known as cilantro and bear a strong resemblance to Italian flat leaf parsley. Whenever possible, buy whole coriander seeds instead of coriander powder since the latter loses its flavor more quickly, and coriander seeds can be easily ground with a mortar and pestle.

Add coriander seeds to soups and broths and in the poaching liquid when preparing fish. Adding ground coriander to pancake and waffle mixes will give them a Middle Eastern flavor. Put coriander seeds in a pepper mill and keep on the dinner table so it can be used anytime.

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680835 6/12 oz.

Oven Fries with Coriander Seeds

Ingredients

nonstick vegetable oil spray
2 pounds unpeeled russet potatoes (about 3 large), scrubbed, cut lengthwise into 1/2" thick sticks
2 tablespoons olive oil
1 1/2 teaspoons coriander seeds, cracked
1 teaspoon dried thyme
coarse kosher salt

Preparation

Preheat oven to 450°F. Spray large rimmed baking sheet with nonstick spray. Toss potatoes with olive oil, coriander seeds, and thyme in large bowl. Transfer to prepared sheet, spreading in single layer. Sprinkle with salt and pepper. Place in top third of oven and bake until golden, occasionally turning with spatula, about 40 minutes. Season to taste with coarse salt and serve. 4 Servings



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