

Did you know...

Coriander comes from the *Coriandrum sativum* plant. Both the leaf and seeds can be referred to as coriander (the leaves being fresh coriander), but the leaves are also commonly known as cilantro! The plant is also known as Chinese parsley, and is commonly used in Indian, Middle Eastern and Asian dishes such as soups and curries.

Coriander brings a fresh lemony taste and floral aroma to a dish, and often pairs well with cumin. The whole seeds are often used in brines, or ground to be added into several different dishes.

Coriander has several health benefits, including lowering blood sugar, benefiting heart health and being rich in antioxidants.



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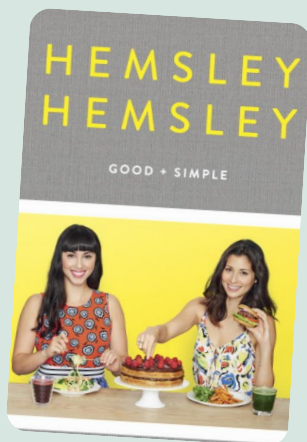
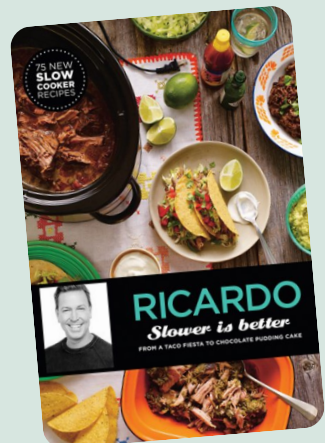


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Spice Club



June 2023
Spice of the Month:
Ground Coriander



Directions:

- Butterfly the pork loin by cutting almost all the way through, starting on the thinnest side, keeping your knife flat and parallel to the cutting board. Stop about 1 inch from the opposite edge you started, so that the meat opens up like a book.
- Season the butterflied pork on both sides with kosher salt and let sit out at room temperature for 30 to 45 min, or 2 to 3 hours in the fridge.
- Preheat the oven to 350 degrees F. Grease a roasting pan with 2 tbsp. olive oil. Pat the tenderloin dry.
- Mix all the spices and honey together in a bowl. Spread about half of the spice mixture inside the butterflied pork, fold it back together, and spread the remaining mixture all over the surface. Use kitchen string to tie the loin up every few inches, cutting off extra string.
- Place the pork into prepared roasting pan, roast in the oven until a thermometer inserted into the thickest part of the loin reads at least 145 degrees F, about 75 min. Remove from the oven and turn roast over with tongs in pan drippings. Transfer to a plate, cover loosely with foil, and let rest for 15 min. Remove strings on roast. Slice, spoon pan drippings over, and serve with side of your choice.



Garlic Coriander Potatoes

Ingredients

- 2 Russet potatoes, cut into cubes
- 1 tbsp. fresh garlic, minced
- 3 tbsp. olive oil
- 2 tsp. ground coriander
- 1 tsp. ground cumin
- 1 tsp. red chili flakes
- salt and pepper to taste
- 1/2 cup fresh cilantro, chopped

Directions:

- Dice your potatoes into half inch cubes and deep fry until they cook and become golden crisp. This should take about 10 minutes. Remove from oil and place on kitchen paper towel.
- In a skillet on medium heat, cook the minced garlic in olive oil for 1 minute. Add the potatoes and all spices. Mix well.
- Garnish with fresh chopped cilantro and drizzle with a bit of olive oil. Serve warm!

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Moroccan-Spiced Pork Roast

Ingredients

- 1 (3 pound) boneless pork loin roast
- 5 tsp. kosher salt
- 2 tbsp. olive oil
- 2 tsp. ground cumin
- 1 tsp. ground coriander
- 1 tsp. ground ginger
- 1 tsp. freshly ground black pepper
- 1 tsp. smoked paprika
- ¼ tsp. cayenne pepper
- ½ tsp. ground cinnamon
- ¼ tsp. ground cloves
- ¼ tsp. ground allspice
- 3 tbsp. honey, or as needed
- salt to taste

