

## Coriander Leaf (*Coriandrum sativum*) Use 1-2 tsp for 4 servings

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### **Description**

The flavour of Coriander Leaf is strong, pungent and earthy. It is quite different from the aromatic, citrus flavour of Coriander Seed.

Although both are from the same plant they are not interchangeable.

Coriander Leaf is used extensively in Asian, Oriental and Latin American cooking.

Coriander Leaf complements - chicken, fish, curries, rice, tomatoes, Thai, Indonesian, Chinese and South American dishes.

### **Did You Know?**

Coriander Leaf is the world's most popular herb. Whilst it is not often found in European cooking, it is used extensively in Asian, Oriental, Middle Eastern and Latin American dishes.

### **Quality**

Coriander Leaves should have a good green colour. The flavour and aroma of the dried leaves become more apparent once added to the cooked dish.

### **Usage**

Mexican salsas make delicious dips and hot or cold sauces. They are excellent as "chutneys" with a cold buffet or used with traditional Mexican dishes.

Simply combine chopped tomatoes, onion, Garlic and Crushed Chillies with a tablespoon of Coriander Leaf.

For an Indian raita, stir chopped or grated cucumber, Coriander Leaf, salt and pepper into natural yoghurt.

A Thai style fresh chutney makes an excellent accompaniment to fish. Warm creamed coconut with lemon juice and stir in Coriander Leaf, Crushed Chillies



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and chopped spring onions.

Stir Coriander Leaf, Parsley, fresh green chillies, Garlic and onion into cooked rice to make Mexican arroz verde.

Add Coriander Leaf to breads, stuffing and sauces and sprinkle over spicy or creamy dishes at the end of cooking.

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