

History about Spice



Coriandrum sativum is a fast-growing annual with two common names: the leaves are the herb cilantro or Chinese parsley and the seeds are the spice coriander.

This member of the carrot or parsley family (Apiaceae) is native to southern Europe and Asia but has spread to many other parts of the world. One of the oldest known herbs, it was grown in ancient Egyptian gardens and its seeds have been found in Egyptian tombs. It has been cultivated for thousands of years in India and China. It was introduced into Mexico and Peru by the Spanish conquistadors.

Fresh or dried cilantro leaves are an essential ingredient in many Latin American, Caribbean, and Asian (especially Thai and Vietnamese) dishes. Cilantro is often added to Mexican salsas and meat dishes and is used in some Chinese soups. Arabic cooking uses both leaves and seeds, in pickles, curries, and chutneys. When cooking with cilantro, add it at the very end to prevent overcooking it.

-Wisconsin Horticulture Division of Extension

Sources

All recipes are from books available for check out at Town Hall Library

- *Half Baked Harvest Everyday: recipes for balanced, flexible, feel-good meals*

- By Tieghan Gerard
- 641.555 GER



- **Website: Wisconsin Horticulture Division of Extension**
 - <https://hort.extension.wisc.edu/articles/cilantro-coriander-coriandrum-sativum/>

Information

"Spice up Your Life" is a monthly "Take & Make Spice Club Kit" featuring a variety of unique spices, herbs, or blends.

Kits Include

- Information on the featured spice.
- Two recipes (1 baking & 1 cooking).
- A small packet of featured spice-enough for **one recipe**.

Share your experience with us

Once you have created your culinary masterpieces at home, we'd love you to share photos with us.

Send to reference@townhall.lib.wi.us and you might be featured on the Town Hall Library Website

One-Per-Household

Take & Make Spice Club Kit are free, but supplies are limited. Please, take one kit per household.



TOWN HALL
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Take & Make Spice Club Kit



Spice Up Your Life



May
Cilantro
Leaves

Katherine's Cilantro Lime Chicken

Ingredients

- 2 Tablespoons olive oil
- 1 Tablespoon minced garlic
- 1/2 teaspoon cumin
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 limes, divided
- **4 teaspoons cilantro leaves**
- 6 boneless, skinless chicken thighs (chicken breast also works and can become a shredded chicken.)

Directions

1. Combine the olive oil, minced garlic, cumin, salt, and pepper in a small bowl.
2. Zest one of the limes and then squeeze the juice. You'll need 2-3 Tbsp juice, so if needed, juice half of the second lime. Cut the remaining lime into wedges to garnish the chicken once cooked.
3. Add 1 tsp of the lime zest, 2-3 Tbsp of the lime juice, and half of the cilantro to the marinade. Stir to combine. (The remaining cilantro will be added fresh after cooking the chicken.)
4. Place the chicken thighs in a shallow dish or a large zip-top bag. Add the marinade and toss the chicken to coat. Allow the chicken to marinate for 30 minutes or up to 8 hours (refrigerated), turning it once or twice as it marinates.
5. When ready to cook the chicken, heat a large skillet over medium-high heat. Once hot, add the chicken and cook for 5-7 minutes on each side, or until well browned and cooked through. My chicken had enough of an oil coating from the marinade that I did not need to add any extra to the skillet.
6. Top the cooked chicken with more cilantro and a squeeze of fresh lime juice. Serve with any extra lime wedges.

Katherine's Homemade Guacamole

There are so many variations on Guacamole.

I love adding as many veggies as I can however you don't have to. This Basic recipe let's you create your perfect guacamole!



Ingredients

- 3 avocados, ripe
- **4 teaspoons cilantro leaves**
- 1/2 Tablespoon minced garlic
- 1 lime, juiced
- 1/2 teaspoon sea salt
- **Optional Veggies of Your Choice**
 - 1/2 small yellow onion, finely diced
 - 1 Yellow/ Orange/ Red Pepper, finely diced
 - 2 Roma tomatoes, diced
 - 1 jalapeño pepper, seeds removed and finely diced

Directions

1. Slice the avocados in half, remove the pit, and scoop into a mixing bowl.
2. Mash the avocado with a fork and make it as chunky or smooth as you'd like.
3. Add the remaining ingredients and stir together. Give it a taste test and add a pinch more salt or lime juice if needed.

Green Goddess Sauce

Ingredients

- 1 ripe avocado, halved and pitted
- 1 jalapeño, halved and seeded (optional)
- 1/4 cup plain Greek yogurt
- Juice of 1 lemon
- **4 teaspoons cilantro leaves**
- 4 teaspoons basil leaves
- 1 teaspoon ground cumin
- Fine pink Himalayan salt (Regular salt works too)

Directions

1. In a blender or food processor, combine the avocado, jalapeño (if using), yogurt, lemon juice, cilantro, basil, cumin, a pinch of salt, and 1 tablespoon of water.
2. Blend until smooth and creamy, adding water 1 tablespoon at a time, as needed, to thin the sauce.
3. Taste and add more salt as needed.

Refrigerate in an airtight container for up to 1 week.



Excellent on Sandwiches!
Healthy dip!
Marinade on Chicken!