



Coriander

Coriander powder is the spice derived from the mature seeds of the flowering annual herb. As one of the world's oldest known spices, it's used in foods around the world. Pure Food Essentials Coriander has a warm, spicy, citrusy flavour, and is commonly used in curries, spice blends, condiments, soups and stocks. It is used in traditional medicines for treating urinary tract infections, painful menstruation, skin conditions, and as a mild sedative. Coriander has strong antimicrobial properties, works as an antispasmodic, diuretic, antibacterial, anti-inflammatory and is thought to help control cholesterol.



- *Coriandrum sativum* is an annual herb also known as cilantro (Spanish), Chinese parsley or dhania (India).
- It is a flowering plant belonging to the family *Apiaceae*.
- Coriander powder is a spice derived from the mature seeds.
- One of the world's oldest spices, it is even mentioned in the Old Testament.
- Used in cuisines throughout the world; Europe, Northern Africa, West, Central and South Asia, and in the Mediterranean region.
- Main ingredient in Indian garam masala, and Ethiopian 'berbere', Moroccan 'ras al-hanout' and 'baharat' from the Gulf states, and other curry powder blends.

Cooking with Coriander

- Provides a warm, spicy, 'nutty' flavour with a hint of citrus.
- A wide variety of applications including; curries, Mexican dishes, spice blends, sausages, condiments, soups, stocks, pancakes.
- Can be used in a similar manner to pepper as a condiment.
- Used in condiments, desserts, liqueurs, perfumes and in candies.
- Roasting or heating the seeds in a dry pan heightens the flavour, aroma, and pungency.
- Ground coriander seed loses flavour quickly in storage. Keep sealed.
- Coriander seed is a spice in garam masala and Indian curries which use the ground seeds in generous amounts together with cumin, acting as a thickener.

- They are the main spice in the south Indian dish sambhar.
- The Zuni people of North America mix the powdered seeds ground with chilli and use it as a condiment with meat.
- One of the main traditional ingredients in the South African Boerewors, a popular spiced mixed-meat sausage.

Health Benefits and Therapeutic Uses of Coriander

- Seeds contain dietary fibre, copper, calcium, selenium, vitamin C, iron, magnesium and manganese.
- Seeds also contain sugars, alkaloids, flavones, resins, tannins, anthraquinones, sterols, and fixed oils.
- Used for health purposes in some traditional medicines.
- Thought to be anti-inflammatory, antibacterial, aiding digestion and controlling cholesterol.
- Has been used to treat skin conditions, mouth ulcers.
- Have blood sugar-lowering effects, so may be beneficial for those with diabetes.
- Works like an antispasmodic drug, relaxing contracted digestive muscles that cause the discomfort of Irritable Bowel Syndrome and other gut disorders.
- Has a diuretic effect, helpful to people suffering from high blood pressure.
- Strong antimicrobial effects against food-borne pathogens. Contains an antibacterial compound (dodecanal), that may specifically fight against Salmonella.
- Helps relieve the discomfort and pain associated with the urinary tract infections.
- Used to regulate menstruation in Ayurvedic medicine. Can help reduce the bloating, cramps and pain.
- Has been shown to have a mild sedative effect. In Iranian traditional medicine, was primarily used to treat anxiety and insomnia.
- Heterocyclic amines (HCAs) are formed when food is cooked at high temperatures, and they're linked to cancer. Adding spices, including coriander seeds, to your food can significantly reduce the formation of HCAs.