

Recipes... HERBS-CILANTRO



NOTES & TIPS: Also called fresh coriander or Chinese parsley, cilantro is well known for its refreshing lemony-ginger aroma with hints of sage.

Although it is usually just the leaves of the fresh cilantro plant that are used, the stems and roots are edible as well. Best known for its addition to Mexican and Asian foods, cilantro has many applications across the epicurean spectrum. It is essential to Mexican salsas, Chinese dim sum, Indian curries and Thai cuisine. Mexicans combine cilantro, garlic, chilies and lime juice to create a marinade for fish, chicken and vegetables. It also pairs well with avocado, coconut milk, corn, cucumbers, seafood, legumes, lemons, and rice. Try using cilantro with the following herbs and spices: garlic, basil, chili, chives, dill, ginger, lemon grass, mint and parsley. Like basil, cilantro also turns black when cooked in an acid medium such as tomato sauce. It is used

whole, shredded, chopped or minced in cooking. Cilantro bruises easy so handle with care. Because cilantro's leaves are so delicate it does not dry well and is best used fresh.

To freeze, place a small amount dry cilantro leaves in a single layer on a cookie sheet. When frozen, gather into a zip-top bag, returning to the freezer immediately. Use within 6 months. Do not thaw before using.

CILANTRO LIME DRESSING

- 1 jalapeno pepper, seeded and coarsely chopped
- 1 clove garlic
- 3/4 teaspoon minced fresh ginger root
- 1/4 cup lime juice
- 1/3 cup honey
- 2 teaspoons balsamic vinegar
- 1/2 teaspoon salt, or to taste
- 1/4 cup packed cilantro leaves
- 1/2 cup extra-virgin olive oil

Place the jalapeno pepper, garlic clove, and ginger into a food processor or blender; pulse until the jalapeno and garlic are finely chopped. Pour in the lime juice, honey, balsamic vinegar, and salt, add the cilantro leaves; pulse a few times to blend. Turn the food processor or blender on, and slowly drizzle in the olive oil until incorporated into the dressing. Season to taste with salt before serving.

CILANTRO CREAM SAUCE

- 1 (8 ounce) package cream cheese, softened
- 1 tablespoon sour cream
- 1 (7 ounce) can tomatillo salsa
- 1 teaspoon freshly ground black pepper
- 1 teaspoon celery salt
- 1/2 teaspoon ground cumin
- 2 teaspoons garlic powder
- 1 bunch fresh cilantro, chopped
- 1 tablespoon fresh lime juice

Combine cream cheese, sour cream, salsa, pepper, celery salt, cumin, garlic powder, cilantro and lime juice in a blender or food processor. Blend until smooth and creamy. Place in a serving bowl.

CILANTRO VINAIGRETTE

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2 cloves garlic crushed
1/2 tsp kosher salt
1 tsp dijon mustard
1/2 c extra virgin olive oil
2 tbsps red wine vinegar
2 tbsps cilantro chopped

Place garlic and salt in a small mortar. With a pestle, grind the salt into the garlic. Add the mustard and combine well. Whisk in olive oil and red wine vinegar. Mix in cilantro

CILANTRO PESTO

1 1/2 cups fresh cilantro, firmly packed
1/2 cup parsley, firmly packed
1/2 cup Parmesan cheese
1/2 cup vegetable oil
1/4 teaspoon salt
3 each cloves garlic
1/4 cup pine nuts

Place all ingredients in food processor workbowl fitted with steel blade or in a blender container; cover and process until well blended. Makes about 1 1/4 cups Pesto

CILANTRO LIME SALSA FRESCA

3 large tomatoes or 5-6 plum tomatoes, diced small
1 med. white onion, diced small
1 jalapeno or other hot pepper, diced (you decide if you want to seed it or not)
juice of 2 limes, or one lemon and one lime
1/2 cup chopped fresh cilantro
salt to taste

Combine everything in a bowl. Cover and refrigerate a couple of hours or overnight before serving.

CHILI-CILANTRO STEAK MARINADE

1 1/3 cup prepared Italian dressing
4 tbsp. coarsely chopped fresh cilantro
2 tbsp. chili powder

Combine all ingredients and stir well. Marinate steaks in a food-safe plastic bag or non-reactive glass bowl in the refrigerator for at least four, and no longer than twenty-four hours. Grill or broil steak to desired doneness. Makes about 1 1/3 cup marinade

CILANTRO DRESSING

1/4 cup fresh lime juice
1/4 cup olive oil
3 tablespoons chopped cilantro
1 fresh jalapeno, chopped (*decrease or omit the membranes and seeds if you don't want it very hot/spicy)
1 clove garlic, minced
1/2 teaspoon chili powder (preferably New Mexico)
1/2 teaspoon ground cumin

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Mix dressing ingredients in a jar. Shake to mix, or whisk very, very well. Store in a glass jar in refrigerator. Note: Can be used on salads, pasta, or bean dishes

BOWTIES WITH BASIL, CILANTRO, SPINACH & CHEESE

1 pound bowtie pasta
1 cup lightly packed basil leaves
3/4 cup packed cilantro or mint leaves
1/2 cup steamed fresh spinach, well drained
1/2 cup freshly grated Parmesan cheese
2 tablespoons butter, softened
2 cloves of garlic, minced
1 1/4 teaspoons sea salt
1/2 teaspoon freshly ground black pepper
6-8 ounces goat cheese

Bring a large pot of salted water to boil and cook the pasta to your liking. (I prefer al dente which is Italian for "to the tooth" and describes pasta that is not soft or overdone.) While the pasta is cooking, combine the basil, cilantro, spinach, Parmesan, butter, garlic, salt and pepper in a food processor and process until smooth. Add the goat cheese and pulse until well mixed with the other ingredients.

When the pasta is cooked, drain, but reserve 1 or 2 tablespoons of the cooking water. Combine the hot pasta with the processed ingredients and the cooking water in a large bowl. Mix until the pasta is coated well. Serve and make sure you have salt and pepper on the table to season to taste.

CILANTRO CHICKEN

2 tsp. garlic
1 tbsp. paprika
1/4 c. chopped cilantro
1/2 tsp. cumin
1/2 tbsp. oil
1 tsp. salt
Freshly ground pepper
3 1/2 lbs. cut up chicken
1 chopped onion
1 c. chicken broth

Combine garlic, paprika, cilantro, cumin, salt and pepper. Make a paste in food processor. Rub paste all over chicken. In large roasting pan, pour broth, place chicken pieces, and cover with onions. Cover with foil and bake 1 1/4 hours at 400 degrees.

CILANTRO CHICKEN

4 skinless, boneless chicken breasts
3 tbsp. olive oil
Juice of 1 lemon
1 tbsp. white wine Worcestershire sauce
2 tsp. ground green peppercorns
1 (14 1/2 oz.) can stewed tomatoes
Lg. handful fresh cilantro, chopped (can substitute 1 1/2 tbsp. dried)
Salt/pepper to taste
1/2 tsp. garlic powder

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2 tbsp. flour
1/2 c. chicken broth
3 tbsp. chopped onion
3 tbsp. chopped bell pepper

Heat olive oil in skillet and brown chicken breasts on both sides. Add onion/bell pepper; cook until onion is clear. Remove chicken to a plate and add flour to remaining oil. Mix until thickened, then add chicken broth to make a sauce. Return chicken to skillet. Add white wine, Worcestershire sauce, lemon juice, tomatoes, garlic, peppercorns, cilantro, and salt/pepper. Cook, covered, on low 1/2 hour. Serve with rice or fettuccine. Can garnish with fresh avocados.

CHICKEN IN CILANTRO SAUCE

1 1/2 lbs. chicken pieces, skinned
1 (15 oz.) can tomato sauce
3/4 c. fresh cilantro
1/2 c. chopped onion
1 med. clove garlic

Place chicken in baking dish. In blender, mix tomato sauce, cilantro, onion, and garlic. Pour over chicken and top with green bell pepper rings. Bake at 350 degrees for 1 hour 15 minutes. Easy and different!

CHICKEN CILANTRO

1 sm. onion, about 1/4 c.
1 clove garlic, chopped
2 tbsp. butter
2 tbsp. vegetable oil
4 chicken breasts, boned, skinned and cut into 1 inch pieces
1 tsp. salt
1/4 tsp. pepper
2 tbsp. cilantro

Cook and stir onion and garlic in butter and oil in skillet until onion is tender. Add chicken, salt and pepper. Cook and stir over medium high heat until done, about 5 minutes; stir in cilantro. Pour pan juices over chicken to serve. Serve with rice and lemon wedge if desired. 4 servings.

CURRIED ORANGE - GLAZED CHICKEN WITH CILANTRO

4 chicken breasts (6 oz. each)
Flour
1 tbsp. garlic
3 tbsp. butter
2/3 c. orange juice
1/2 c. chicken stock
1 tbsp. orange zest
4 tbsp. chopped cilantro
1 1/2 tbsp. curry powder
1 1/2 tsp. cumin
1 tsp. basil
1 tsp. parsley
1 tbsp. mustard
1 tsp. salt and pepper

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2 tbsp. cornstarch and water

Pound the breasts and lightly flour each one. Saute the chicken in garlic and butter until almost done. Add liquid, zest, cilantro, spices and mustard. Simmer until chicken is done.

Remove the chicken and thicken the liquid with cornstarch and water mixture. Add chicken to sauce and heat until chicken is hot.

CURRIED CHICKEN SALAD

2-3 boneless chicken breasts, skin removed
2 stalks celery, strings removed
1/4 cup fresh cilantro, chopped
1 cup real mayonnaise (not salad dressing)
1/2 medium onion, finely minced
1 teaspoon curry powder
2 cloves garlic, minced
lettuce leaves, for serving
paprika (optional)

Simmer the chicken in water (or chicken broth if you have it - then reserve for making soup later on. Do not allow the water or broth to boil. Meanwhile, remove the strings from the celery and dice it into 1/3 inch dice. Wash and chop the cilantro. Peel and dice or mince the onion and garlic. Stir the curry powder, onion, and garlic into the mayonnaise, mixing well. Remove the chicken from the pan using a slotted spoon. Dice into bite sized chunks. Add to the mayonnaise. Mix well. Arrange a few perfect lettuce leaves in the center of a salad dish. Scoop the chicken mixture onto the center. Garnish with a sprinkle of paprika (we like to use either the Hungarian or smoked paprika) and top with a sprig of cilantro. Serves 3 or 4.

SPANISH RICE WITH CHICKEN

1 1/4 cup of long grain rice rinsed
6 chicken breast strips
2 cups of chicken broth
4 tsp olive oil
2 tsp cilantro
3 cloves chopped fresh garlic
1 small can of tomato sauce
1 cup frozen or canned corn
red pepper (optional)
1 pkg taco seasoning mix
salt & pepper

Rinse rice, add only 2 teaspoon olive oil to prevent sticking, Use chicken broth instead of water. Boil, then simmer 20 minutes in a separate pan. Simmer 20 minutes; add 2 more teaspoon olive oil. Saute chicken; cook just 5 minutes turning once, then add to cooked rice mixture and serve.

CHICKEN, LIME AND TORTILLA SOUP

1/2 lb. chicken breast, boneless and skinless
4 cups chicken stock
juice of 3 limes
1/2 cup tomato juice
1/2 cup chopped red bell pepper
1 tsp. chopped green chilies

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1 jalapeno, chopped
1/4 cup cilantro, chopped
2 tsp. Worcestershire sauce
3 green onions, chopped
1/4 cup rice
1/4 cup corn
1 avocado per each bowl (diced small)
1 cup mixed Mexican cheese (shredded)
1 tsp. minced garlic
1/2 tsp. ground black pepper
salt to taste
tortilla strips

Simmer chicken stock, tomato, Worcestershire, and lime juices with the jalapeno, cilantro for 45 minutes. While simmering; grill the chicken until cooked all of the way through, then dice into small cubes or strips.

Strain soup and add green onion, chilies, red bell pepper, rice, corn, garlic and simmer for 20 minutes.

Place the tortilla strips, diced Avocado and shredded cheese on a side plate to be added by the guests as desired. (To make sure that your avocado doesn't turn brown toss it in some extra lime juice.)

CHICKEN CURRY

2 lbs. chicken
4 tbsp. oil
3 med. size onions
1 tsp. curry powder
2 tsp. ground ginger
1 1/2 tsp. ground garlic
1/2 tsp. ground cinnamon
1/2 tsp. ground allspice
1 1/2 tsp. salt
1 tsp. cayenne pepper
2 stems cilantro
1 1/2 c. plain yogurt (should be sour)

Cut chicken about 2" long and 1" thick. Mix ground ginger, ground garlic, salt, curry powder, cayenne pepper in the chicken pieces. Brown the onions in oil and put the mixed chicken with cilantro in the pot, mix it well in the pot. Lower the heat and cover the pot with a lid mix it every now and then. Let the chicken cook in its own water. Add ground cinnamon and ground allspice once you see that there is no water except the oil. Pour the yogurt and let it cook in yogurt until you see considerable thick gravy. (Make sure that the chicken is well cooked before adding yogurt.)

LIME CHICKEN

4 boneless, skinless chicken breasts
1/3 c. olive oil
Juice of 3 limes
4 cloves garlic, minced
3 tbsp. cilantro, chopped
1/2 tsp. salt and pepper

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Trim fat from chicken and pound lightly. Combine all other ingredients. Marinate chicken at least 1 hour. Grill or broil chicken. Sprinkle with cilantro.

Optional: Chopped jalapeno peppers added to marinate.

CUCUMBER, RADISH & CILANTRO SALAD

3 fresh, large Cucumbers
1 bunch of fresh Radishes
6 Green Onions (green tops only)
6 TBS. Kosher Salt
½ tsp. Sesame oil
2 TBS. Olive oil
2 TBS. Fresh Lime Juice
2 TBS. Soy sauce
1 tsp. Sugar (optional) or honey (optional)
½ c. Seasoned Rice Vinegar (or regular rice vinegar with ¼ teaspoon sugar)
½ cup of Cilantro leaves only*

Peeling is optional, but if your cucumbers are waxed, do peel them first. Cut the cucumbers in half the long way, then scoop out the seeds (on one or all the cucumbers) and slice the cukes very thinly. Layer the slices in a large colander and sprinkle them with the salt. Set the colander over a plate or in the sink, and let drain for an hour to 1.5 hours. The salt removes the 'burp' effect from the cucumbers, but the slices must be washed off for the dish, so rinse WELL under cold water until the salt is mostly washed off. Taste a piece and if it still tastes salty, keep rinsing. Drain and pat dry with paper towels (or a tea towel). The cucumbers are not going to be crunchy, which is how they are supposed to be.

Make the dressing next, so that the sugar and the flavors will have a chance to meld. Whisk the sesame oil, olive oil, lime juice, soy sauce, sugar and seasoned rice vinegar together. Set aside for the moment.

Now wash and thinly slice the radishes and add to the rinsed cucumbers. Wash the green onions, and using kitchen scissors, cut ¼ inch pieces down all the way until the white part of the onion. (Reserve the white part for another dish.) Add the green pieces to the cucumbers, add the dressing and toss. Serve with pepper if desired. This will make 4 to 5 servings, and is quite light, low in calories and delicious.

CILANTRO LIME RICE

1 Tbsp. olive oil
1 cup basmati rice
1 1/2 cups chicken broth
2 to 3 cloves garlic, minced
2 Tbsp. fresh lime juice
zest from one lime
1/2 cup cilantro, chopped
1 tsp. salt

Add the oil to a sauce pan and heat on low. Add the garlic and rice to the oil and saute for 2 minutes on medium heat stirring frequently. Add the chicken broth, salt, lime juice and bring to a boil. Cover and cook on low for 15 minutes or according to rice package directions. When the rice is done, add lime zest and chopped cilantro and stir to mix in. Serve immediately. If you are using regular long grain rice, follow the cooking directions on the box regarding the amount of liquid to use and the cooking time. Serves 4.