

Recipes



Cilantro, *Coriandrum sativum*

Tips:

- Cilantro leaves are best used fresh, losing flavor when dried, frozen or heated.
- Since cilantro leaves lose flavor when heated, add at the end of cooking time.
- Cilantro stems are also flavorful. Chop small, tender stems along with the leaves.
- Cilantro is commonly used fresh in chutneys, salsa, guacamole, salads, and as a garnish for soups, fish, meat and rice/grain dishes.
- Cilantro can be substituted for basil in pesto recipes.

Grilled Chicken with Thai Cilantro Dipping Sauce

2 jalapeno peppers, seeds and ribs removed
4 cloves garlic, 2 smashed, 2 minced
½ cup lightly packed cilantro leaves and stems, plus 1
tablespoon chopped cilantro
2 tablespoons Asian fish sauce (nam pla or nuoc mam)
1 tablespoon cooking oil
1 teaspoon Asian sesame oil

½ teaspoon kosher salt
4 boneless skinless, chicken breasts (about 1 ½ pounds
in all)
6 tablespoons rice-wine vinegar
1 tablespoon sugar
¼ teaspoon dried red-pepper flakes
1 ½ teaspoons water

Light the grill or heat the broiler. In a blender or food processor, puree the jalapeños, smashed garlic cloves, the 1/2 cup cilantro leaves and stems, the fish sauce, cooking oil, sesame oil, and 1/4 teaspoon of salt. Put the chicken in a shallow dish and coat it with the cilantro puree.

Grill the chicken over moderately high heat or broil it for 5 minutes. Turn and cook until just done, about 5 minutes longer.

Meanwhile, in a small stainless-steel saucepan, bring the vinegar, sugar, and the remaining 1/4 teaspoon salt to a simmer, stirring. Simmer for 2 minutes. Pour the liquid into a small glass or stainless-steel bowl and let cool. Add the minced garlic, 1 tablespoon chopped cilantro, the red-pepper flakes, and water. Serve each chicken breast with a small bowl of dipping sauce alongside.

Note: Asian fish sauce is available at Asian markets and many supermarkets.

Food & Wine Editors
foodandwine.com, June 2019

Cilantro Lime Crema

½ cup sour cream
¼ cup chopped fresh cilantro
2 tablespoons mayonnaise
1 teaspoon lime zest, plus 1 tablespoon fresh juice (from 1 lime)
¼ teaspoon kosher salt

In a medium bowl, stir to combine sour cream, cilantro, mayonnaise, lime zest, juice, and salt. Cover and chill at least 15 minutes or until ready to serve. Refrigerate in an airtight container for up to 2 days. Use on chili, tacos, enchiladas, nachos, etc.

Southern Living Test Kitchen, July 2023
Southernliving.com

Corn and Black Bean Salad

Salad

2 15-ounce cans black beans, rinsed and drained
1 ½ cups frozen corn kernels
1 avocado, peeled, pitted and diced
2 tomatoes, chopped
6 green onions, thinly sliced
½ cup chopped fresh cilantro

Dressing

⅓ cup fresh lime juice
¼ cup olive oil
1 garlic clove, minced
1 teaspoon salt
½ teaspoon ground cumin
⅛ teaspoon ground cayenne pepper

Combine beans, corn, avocado, tomatoes, green onions and cilantro in a medium bowl. Whisk together lime juice, olive oil, garlic, salt, cumin and cayenne pepper. Pour dressing over the salad and stir gently and serve. This recipe can be enjoyed on its own as a salad, or served with tortilla chips as a dip, as a topping for fish, pork and chicken or as a taco filling.

Optional variations:

- Add 1 red bell pepper, seeded and chopped
- Substitute basil for cilantro

Karen Kennedy
HSA Education Coordinator

Cilantro Salad Dressing

1 tablespoon chopped red onion
1 tablespoon balsamic vinegar
3 tablespoons red wine vinegar
1/3 cup olive oil
2 teaspoons chopped fresh oregano
1 tablespoons lime juice

½ cup lightly packed cilantro leaves, chopped
2 tablespoons chopped fresh dill weed
¼ teaspoon freshly ground black pepper
¾ cup black olives, pitted and chopped
1/8 teaspoon crushed red pepper

Whisk all ingredients together until well blended. Store in the refrigerator. Yields 1 ½ cups dressing.

Eleanor Davis, Western Pennsylvania Unit HSA
The Essential Guide to Growing and Cooking with Herbs

Grilled Pork Back Ribs with Asian Gremolata

3 full racks of back ribs
1 (hand-size) piece fresh ginger, peeled and sliced

Your favorite barbecue sauce
Gremolata (see below)

Cut racks into 4-6 rib pieces and layer in a large stock pot with the sliced ginger. Cover with water, bring to a boil, and boil for 10 minutes. Turn off the heat and let stand until cool. Place in the refrigerator. When cold, remove the rendered fat. Place the ribs in a big plastic bag and marinate in your favorite barbecue sauce for 1 hour.

Grill ribs briefly over high heat. Sprinkle with Gremolata and serve. Yields 8-20 servings.

Asian Gremolata

2 (2-inch) pieces fresh ginger, peeled and cut into small pieces
½ cup packed cilantro leaves
1 bunch scallions, cleaned and cut into pieces

Place Gremolata ingredients in a food processor and chop lightly.

Hope Riley, Philadelphia Unit
The Essential Guide to Growing and Cooking with Herbs

Chile-Lime Steak Skewers with Coconut-Cilantro Sauce

2 garlic cloves
1 small red Fresno chile, stemmed and unseeded
3 cups packed fresh cilantro leaves and tender stems (from 2 bunches), divided
1/3 cup, plus 1/4 cup canned unsweetened coconut cream, divided
1/4 cup, plus 2 Tbsp. fresh lime juice (from 3 limes), divided, plus lime wedges for serving

1/4 cup granulated sugar, divided
3 tablespoons, plus 2 teaspoons. fish sauce, divided
1 (1 1/2-lb.) flank steak (3/4 inch thick), cut into 1-inch-thick strips
1/2 cup packed fresh basil leaves
4 (10-inch) wooden skewers
¾ teaspoon kosher salt

Process garlic, Fresno chile, 1 1/2 cups of the cilantro, 1/3 cup of the coconut cream, 2 tablespoons of the lime juice, 3 tablespoons of the sugar, and 3 tablespoons of the fish sauce in a blender or food processor until smooth, about 25 seconds. Transfer marinade to a large ziploc plastic bag. Add steak; seal bag. Massage bag to coat steak with marinade. Refrigerate 4 to 12 hours.

Preheat grill to high (450°F to 500°F). Process basil and remaining 1 1/2 cups cilantro, 1/4 cup coconut cream, 1/4 cup lime juice, 1 tablespoon sugar, and 2 teaspoons fish sauce in a blender until smooth, about 30 seconds. Transfer Coconut-Cilantro Sauce to a small bowl.

Remove steak strips from bag, and discard marinade. Pat dry; discard excess marinade. Thread strips evenly onto wooden skewers. Sprinkle evenly with salt. Place skewers on oiled grates, and grill, uncovered, turning occasionally, until steak is charred in some spots and a meat thermometer inserted into thickest portion registers 130°F to 135°F (medium-rare), 9 to 11 minutes, or to desired degree of doneness. Transfer skewers to a cutting board, and let rest 5 minutes.

Arrange skewers on a serving platter. Drizzle evenly with Coconut-Cilantro Sauce, and serve immediately with lime wedges and remaining sauce. Serves 4

Elizabeth Mervosh, June 2023
Southernliving.com

**Do you have a recipe using cilantro to share?
Please send it to educator@herbsociety.org**