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## Coriander: A Book of Recipes (Hardback)

By Helen Sudell

Anness Publishing, United Kingdom, 2014. Hardback. Condition: New. Language: English . Brand New Book. This is a book of recipes. It helps you discover the vibrancy of coriander in this book of 30 distinctive recipes using fresh leaves and dried seeds. It includes classic appetizers such as Carrot and Coriander Soup, Gazpacho, and Falafel, plus pungently spiced main meals such as Cumin and Coriander Rubbed Lamb, Pork Belly with Five Spices, Seafood Salad with Fragrant Herbs, and Okra, Tomato and Coriander Tagine. Chapters include Soups; Starters and Snacks; Fish and Seafood; Meat and Poultry; and Vegetable Dishes and Salads. It includes a useful introduction that covers all types of coriander, how to store and prepare it and how to grow your own. It is beautifully illustrated with over 100 photographs of each finished dish plus charming artworks. It includes a nutritional breakdown for each recipe will help with dietary planning. Coriander has always been highly esteemed in the East and in Mediterranean countries for its ability to enliven a wide variety of dishes from soups and stews to salsas, curries and salads. The fresh leaf combines perfectly with garlic, chillies and lime to lift vegetable and fish and seafood dishes...



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