

# SPICE OF THE MONTH CLUB

November 2023

## Join us to discuss

*Tuesday, 11/28 / 6:00pm / Conference Room*

Spend the month cooking with your spice and join us to discuss your opinions, experiences, and recipes!



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## This month's spice: Ground Coriander

### History

Coriander is native to southern Europe and the Middle East and has been used since ancient times. Evidence of coriander seeds has been found in archaeological digs dated to 7000 BCE. Both the seeds and leaves (cilantro) have been used for thousands of years in Indian and Chinese cooking. Today the seeds are used in most cuisines, and coriander is particularly popular in Latin America, where it is used fresh in raw salsas as well to flavor cooked sauces.



### Use

Coriander seed is one of the most useful spices in any kitchen, because it is an amalgamating spice. It mixes well with almost any combination of spices, whether sweet or savory; it is rarely the main ingredient. It is interesting to note that an extract of coriander seed is used to make medicines more palatable.

# Apple and Rhubarb Coriander Crumble

*Total prep and cook time: 1 hour*

*Yields 6 servings*

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## INGREDIENTS:

9-inch square glass baking dish, greased with butter

Oven preheated to 350 F

6 Granny Smith apples, peeled, cored, and sliced

1 bunch rhubarb (about 10 oz) cut into 2-inch pieces

4 whole cloves

2 tsp ground cinnamon

1 cup old-fashioned rolled oats

1 cup all-purpose flour

1/2 cup lightly packed brown sugar

2 tsp ground coriander

1/2 cup butter

## STEPS:

1. In prepared baking dish, layer apples and rhubarb. Sprinkle with cloves and cinnamon. Set aside.
2. In a bowl, combine oats, flour, sugar, and coriander. Using your fingertips, rub in the butter until the mixture is crumbly. Spread the crumble mixture evenly and lightly (do not press down) over apples and rhubarb. Bake for about 30 minutes, until apples are tender and topping is golden brown.

**TIP:** The crumble can be prepared and frozen before cooking. It will keep in a resealable bag in the freezer for up to 1 month. Bake from frozen for about 35 minutes, until apples are tender and topping is golden brown.

# Pork Tenderloin in Orange Sauce

*Total prep and cook time: 1 hour, 50 minutes*

*Yields 6 servings*

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## INGREDIENTS:

3 pork tenderloin fillets (about 8oz)

### *Marinade*

2 tbsp olive oil

Zest and juice of 2 oranges

2 tbsp soy sauce

2 tbsp white wine vinegar

1 tsp fine sea salt

2 tbsp ground coriander

### *Caramelized Onions*

1/4 cup olive oil

4 onions, finely sliced

1/4 superfine (caster) sugar

1/4 cup olive oil

3/4 cup dry sherry

Sea salt and freshly ground black pepper

## STEPS:

1. *Marinade:* In a shallow bowl, combine oil, orange zest and juice, soy sauce, vinegar, salt, and coriander. Add pork and turn to coat well. Cover and set aside in the refrigerator for at least one hour.
2. *Caramelized Onions:* In a skillet over low heat, heat oil. Add onions and sugar, stir well, and cover with a tight-fitting lid. Cook, stirring occasionally, for 15 minutes, until soft. Uncover and cook, stirring often, for 2 to 3 minutes, until golden. Set aside.
3. Remove pork from marinade and let excess drain off into bowl, reserving marinade. In a skillet over medium heat, heat oil. Add marinated pork and cook until an instant-read thermometer inserted in the thickest part of the meat registers 160 F, 8 to 12 minutes. Transfer to a plate and cover with foil to keep warm.
4. In the same skillet over medium heat, bring reserved marinade to a boil. Cook for 10 minutes, until reduced to a thick syrup. Add sherry and return to a boil. Season with salt and pepper to taste and stir well.
5. Slice pork on the diagonal, 1 inch thick, and divide equally among 6 serving plates. Top with caramelized onions and pour sauce overtop.

# Kofta Kebabs

*Total prep and cook time: 30 minutes*

*Yields 4 servings*

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## INGREDIENTS:

- 1 pound ground lamb or ground beef
- 3 garlic cloves
- 1/2-inch piece, ginger, peeled
- 2 shallots, peeled
- 3 tbsp fresh parsley
- 1 tbsp fresh mint
- 2 tsp cumin
- 2 tsp coriander
- 1 tsp cinnamon
- 1 tsp ground black pepper
- 1 tsp salt



## STEPS:

1. Add all the ingredients, except the ground lamb, to a food processor and pulse until the garlic and ginger are finely minced - about 20-30 seconds.
2. Add the spice mixture to the ground lamb and knead until well combined.
3. If using bamboo skewers, soak for 15 minutes before using.
4. Take a handful of the meat mixture and form into a meatball. Thread onto the skewer and roll the meat in your hands to flatten it into a long egg type shape. Do this with the remaining meat mixture.
5. Heat grill to high heat. Place kebabs on grill and cook for about 6 minutes. Turn and cook another 6 minutes or until the meat is no longer pink. Remove from the grill.
6. Serve with tzatziki.