

Coriander

Poolbeg - CORIANDER



Description: -

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What is Coriander? (with pictures)

Let's work together to keep the conversation civil. Coriander was mentioned in the Bible, and the seeds have been found in ruins dating back to 5000 B. If your recipe calls for ground coriander, just toss the seeds into a spice grinder or food processor.

What Is Coriander and How Is It Used?

Pollen size is approximately 33 microns.

What is Coriander? (with pictures)

Overall, the flavor of this versatile spice deepens the longer that it is cooked.

What is Coriander? (with pictures)

Wait, is coriander the same as cilantro? Coriander is one of the most under-utilized spices in most kitchens, but it can quickly become your new favorite way to flavor almost any type of dish.

Coriander Recipes

A very good food for digestive system, coriander promotes liver functions and bowel movements. Coriander seeds, extract, and oils may all help lower blood sugar.

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Coriander or cilantro is a wonderful source of dietary fiber, manganese, iron and magnesium as well.

What Is Coriander and How Is It Used?

Coriander extract appears to act as a diuretic, helping your body flush excess sodium and water. Coriander is believed to be one of the earliest spices used by man, and there are references to the spice in early Sanskrit documents, the Bible and ancient Chinese and Middle Eastern stories.

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