

## FOOD

### CORIANDER



From left: Coriander Crusted Lamb Rack with Fondant Potato; and Korean Steam Boat

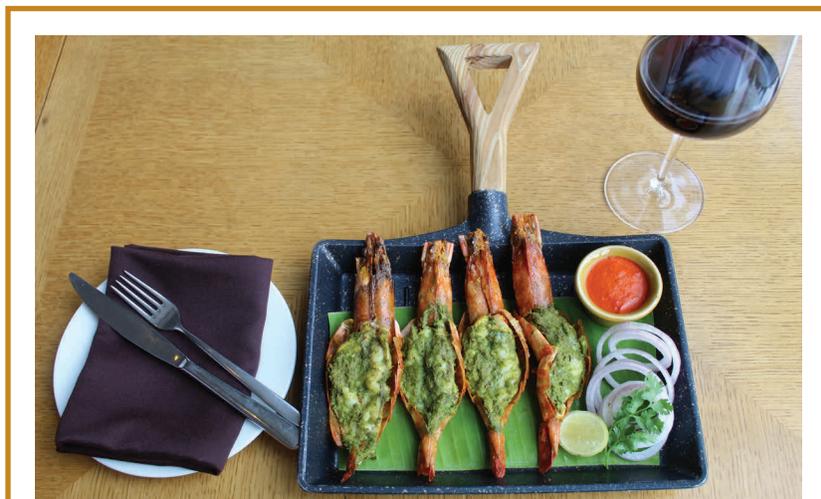
either powdered or crushed. Dharmesh Karmorkar, Founder & Director Thangabali and Duma Dum Mast Kalandar adds, “When coriander powder is put directly in hot oil, it immediately burns and loses its flavour and aroma.

Hence the best time is to add it after sautéing. However if the recipe demands for it being added in oil, then ensure the oil is not too hot.” It is best to dry roast them to get the best flavour and do note that it tends to lose its flavour over time.

Chef Naveen Handa, Executive Chef, JW Marriott Chandigarh avers, “Coriander is a versatile ingredient. Coriander leaves are mostly used as herbs to garnish many Indian dishes like soups and salads. The coriander seeds on the other hand have a rich citrusy flavour and can be used as whole and in powdered form as well. When grounded fresh, they lend a much stronger flavour to the dish besides helping maintain the consistency of its gravy.”

Coriander is a good source of dietary fibre, iron, magnesium and coriander leaves are rich in Vitamin C, Vitamin K and protein. They also contain small amounts of calcium, phosphorous and potassium. Coriander contains anti-inflammatory properties and helps in inflammatory diseases such as arthritis. Coriander’s antiseptic properties help to cure mouth ulcers and it is good for the eyes as antioxidants in coriander prevent eye diseases.

Coriander helps those suffering from anemia as it contains high amounts of iron. Chef Rohan D’souza, Culinary Director, Toro Toro, Goa, adds, “Coriander is best known to treat and prevent diabetes hence is always advised by the doctors. For the ones with digestive disorders, coriander is known best to flush the waste out, leaving behind a healthy system. It is also best for the skin, to keep it healthy and hydrated.”



### CORIANDER TANDOORI PRAWNS

#### INGREDIENTS

- Tiger prawns 5 nos
- Hung curd 2 ½ tsp
- Cream 5 tsp
- Ginger garlic paste 1 tsp
- Yellow chilli powder ½ tsp
- Ajwain 1 tsp
- Coriander leaves 100 gm
- Salt to taste

#### METHOD

Take all the ingredients, except the prawns and make a paste. Put prawns in a bowl, add the paste and marinate for two hours. Cook in the tandoor for 10 minutes or till it is cooked. Serve with coriander and mint chutney.

*(Recipe courtesy Ibis Bengaluru Outer Ring Road)*

JW MARIOTT (LAMB RACK); SHERATON GACHIBOWLI (STEAM BOAT)