



The Etna Library's



Spice
of the
Month
Program

Spice for April, 2024: **CORIANDER**

Coriander, (*Coriandrum sativum*) is a feathery annual plant of the parsley family (Apiaceae), parts of which are used as both an herb and a spice. Native to the Mediterranean and Middle East regions, the plant is widely cultivated in many places worldwide for its culinary uses.

Its dry fruits and seeds, which are also known as coriander, are used to flavour many foods, particularly sausages, curries, Scandinavian pastries, liqueurs, and confectionery, such as English comfits. Its delicate young leaves, known as cilantro, are widely used in Latin American, Indian, and Chinese dishes.

The plant produces a slender hollow stem 30 to 60 mm (1 to 2.5 inches) high with fragrant bipinnate leaves. The small flowers are pink or whitish and are borne in umbel clusters. The fruit is a small dry schizocarp consisting of two semiglobular fruits joined on the commissural, or inner, sides, giving the appearance of a single, smooth, nearly globular fruit about 5 mm (0.2 inch) in diameter. The yellowish brown fruits have a mild fragrance and taste similar to a combination of lemon peel and sage.

Records of the use of coriander date to 5000 BCE. The Romans used it to flavour bread. It was once used as an aromatic and carminative, but its only modern use in medicine is to mask unpleasant tastes and odours of drugs.



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Baked Onion Bhajis



Prep Time: 20 min

Cook Time: 55 min

Servings: 8

These baked onion bhajis are exceedingly tasty and a healthier alternative to the deep-fried onion bhajis you find in Indian restaurants.

They are sweet, tender, and very Moorish.

Serve hot as an appetizer.

Ingredients (onions):

2 teaspoons extra-virgin olive oil, or as needed

5 small onions, thinly sliced

¼ teaspoon chili powder

½ teaspoon ground turmeric

½ teaspoon ground coriander

¼ teaspoon ground cumin

Ingredients (bhaji batter):

5 tablespoons chickpea flour

½ teaspoon ground cumin

½ teaspoon ground coriander

1 pinch salt

1 tablespoon tomato purée

1 tablespoon water, or as needed

1 tablespoon extra-virgin olive oil, divided, or to taste

Directions:

Preheat the oven to 400 degrees F (200 degrees C). Line a large baking sheet with parchment paper.

Cook the onions: Heat oil in a skillet over medium heat. Add onions; cook and stir until translucent, 6 to 8 minutes. Mix in chili powder, then stir in turmeric, coriander, cumin, and ginger until well combined. Remove from the heat.

Make the batter: Mix chickpea flour, cumin, coriander, and salt together in a bowl until well combined. Mix in onions and tomato purée, then add a little water until mixture is wet and easy to stir.

Drizzle 1 teaspoon olive oil onto the prepared baking sheet. Place 2 tablespoons onion mixture onto the baking sheet for each bhaji; flatten slightly with the back of a spoon.

Bake in the preheated oven for 20 to 25 minutes. Drizzle remaining oil over the bhajis and continue baking until golden brown, about 25 more minutes.

Enjoy!



Recipe Source:

<https://www.allrecipes.com/recipe/262544/baked-onion-bhajis/>