

## Coriander and its part in Indian Recipes

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Coriander seed is a key spice in garam masala and Indian curries, which often employ the ground fruits in generous amounts together with cumin. The seeds have a lemony citrus flavour when crushed, due to terpenes linalool and pinene. It is described as warm, nutty, spicy, and orange-flavoured. It also acts as a thickener. Coriander, like many spices, contains **antioxidant S**, which can delay or prevent the spoilage of food seasoned with this spice. Coriander seeds are used in traditional Indian medicine as a diuretic, which elevates the rate of urination - by boiling equal amounts of coriander seeds and cumin seeds, it is used as a carminative and as a digestive aid.

It is commonly found both as whole dried seeds and in ground form. Seeds can be roasted or heated on a dry pan briefly before grinding to enhance and alter the aroma. Ground coriander seed loses flavour quickly in storage and is best ground fresh.