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recipes and information about  
spices!

Cookbooks can be found at 641.5 in  
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Books about spices can be found at  
641.338 in the non-fiction section.

This month's spice was  
purchased at  
Bins and Bins  
at 107 Shirreff Ave.,  
North Bay, ON.

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## Spice Club

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SEPTEMBER  
2024:  
GROUND  
CORIANDER





## THIS MONTH'S SPICE: GROUND CORIANDER

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### GARLIC CORIANDER POTATOES

#### INGREDIENTS

- 2 Russet potatoes, cut into cubes
- 1 tablespoon fresh garlic, minced
- 3 tablespoons olive oil
- 2 teaspoons ground coriander
- 1 teaspoon ground cumin
- 1 teaspoon red chili flakes
- salt and pepper to taste
- 1/2 cup fresh cilantro, chopped

#### INSTRUCTIONS:

- Dice your potatoes into half inch cubes and deep fry until until they cook and become golden crisp. This should take about 10 minutes. Remove from oil and place on kitchen paper towel.
- In a skillet on medium heat, cook the minced garlic, in olive oil for 1 minute. Add the potatoes and all spices. Mix well.
- Garnish with fresh chopped cilantro and drizzle with a bit of olive oil. Serve warm with simple green or tomato salad on the side.

This month's recipe is from  
[www.gusscooks.com](http://www.gusscooks.com)

## DID YOU KNOW?

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Ground coriander comes from the seeds of the coriander plant that are dried and then ground to create the spice. The taste of the spice is reminiscent of orange and lemon peel and sage.

The leaves of the plant are known as cilantro which can be use fresh or dried and have a different taste than the ground seeds - a "clean, lemony taste" (or more like soap depending on the person).

(from The Spice and Herb Bible 3rd Ed.  
by Ian Hemphill)

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on Instagram to show us what you  
make!