



## CILANTRO

If you grew up in the southwest, you probably use a lot of cilantro; but if you grew up in the south, you probably did not. I am a relative newcomer to loving cilantro, but do use it in several wonderful dishes. Here are a couple of features you may wish to keep in mind, then a couple of recipes:

- Cilantro leaves are much better for most dishes than the stems, so you may want to wash, then pick off the leaves—and maybe even snip them with scissors once you have a bowl-full. I compost the stems, but am sure someone will come up with other creative uses...
- Don't wait too long to "harvest" the leaves from the bunch you receive in your box; they deteriorate quickly in the fridge, and after picking.
- You may freeze the cilantro leaves on a baking sheet, then remove to a freezer bag & freeze for soups and stews.

**Cilantro Sandwich Spread:** remove cilantro leaves from stems after washing, and snip until very fine. Combine 1-2 cups leaves, 1 tablespoon minced/grated onion, and 2-3 tablespoons mayo with 8 ounces of softened cream cheese, yogurt cheese, or soy based cream cheese. Mix well, and season with salt and pepper, if desired.

**Salsa:** Mix together 2 cups chopped tomatoes (canned will work if fresh not available), 1 cup cilantro leaves, ¼-½ cup, each, of chopped onion and green bell pepper. Add 1 tablespoon olive oil, ½ to 1 minced jalapeno pepper (optional), 1 tablespoon red wine vinegar, and salt and pepper to taste. Eat with corn chips.

**Cilantro Soup;** Saute 1 minced onion with 1-2 tablespoons butter until fragrant. Add 1 quart good quality chicken or vegetable broth and bring to a boil. Simmer for 5 minutes before adding ½ block of firm tofu, crumbled or cut very fine, and 2 tablespoons cornstarch, mixed with ½ cup broth or water. Stir cornstarch mixture into soup and stir until slightly thickened. Add 2 cups cilantro leaves, finely snipped. Season with salt and pepper to taste, plus 1 teaspoon toasted sesame oil. Yum! \*If you want to taste this at a restaurant, they serve a heavenly version at Jasmine Chinese Restaurant on Shelbyville Road, ½ mile beyond the Snyder Freeway.