

Recipes



Cumin, *Cuminum cyminum*

Tips:

- Store as whole seeds and grind just before using as the flavor degrades rapidly after grinding.
- Both the powdered and whole forms of cumin seeds are used in recipes.
- Dry roasting the seeds before grinding or adding to recipes to enhances the flavor.
- Use in dry spice rubs for grilling.
- Add to chili, stew, egg dishes, vegetables, cheeses and breads.

Garfield Elementary's Learning Garden Salsa

This kid-friendly salsa uses cumin rather than jalapenos to spice it up without the heat!

3 cups chopped fresh tomatoes	2 tablespoons fresh lime juice
½ cup chopped green pepper	½ teaspoon cumin
½ cup chopped sweet onion	½ teaspoon salt
¼ cup minced fresh cilantro	½ teaspoon pepper

Stir together and serve with tortilla chips. Enjoy!

Mentor Public Schools Nutrition Services, Mentor OH

Red Lentil Soup

2 ½ cups red lentils, rinsed and stones removed	1 red onion, peeled and chopped
8 cups vegetable both	1 teaspoon ground cumin
½ teaspoon ground turmeric	2 tomatoes, seeded and chopped
3 medium potatoes, peeled and cubed	1 (1-inch) piece gingerroot, peeled and grated
2 bay leaves	4 tablespoons chopped fresh cilantro (or parsley, if you prefer)
2 stalks celery, sliced thinly	Freshly ground black pepper and salt to taste
2 tablespoons olive oil	

Place lentils, vegetable broth, turmeric, potatoes, bay leaves, and celery in a large stainless steel pot. Bring to a boil, reduce heat, and simmer for about 20 minutes or until lentils and potatoes are soft.

While the lentils are cooking, heat olive oil in a sauté pan, then add onions. Cook over medium heat until soft and well browned, about 10-15 minutes, stirring frequently. Remove from heat and stir in the cumin.

Add onions, chopped tomatoes, and grated ginger to the soup. Cook over low heat for 15 minutes.

Remove bay leaves and stir in cilantro (or parsley) just before serving. Season with freshly ground black pepper, salt, and a little chopped cilantro (or parsley).

*Katherine K. Schlosser, HSA North Carolina Unit
The Herb Society of America's Essential Guide to Growing and Cooking with Herbs,
edited by Katherine K. Schlosser*

White Chili

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| 2 medium onions, chopped | 1 (15-ounce can white shoepeg corn |
| 2 large cloves garlic, chopped | 2 whole chicken breasts, cooked and cut in small pieces |
| 1 teaspoon ground cumin | 2 cubes chicken bouillon |
| 1 tablespoon chopped fresh oregano | 2 can undrained green chiles |
| ½ cup chopped cilantro | 1 cup Monterey Jack cheese, shredded |
| 1 (15-ounce) can garbanzo beans | |
| 1 (15-ounce) can cannellini beans | |

Combine all ingredients in a greased casserole. Bake for 1 ½ hours. Serve with Monterey Jack cheese.

Elaine Livingston, HSA New England Unit
The Herb Society of America's Essential Guide to Growing and Cooking with Herbs,
edited by Katherine K. Schlosser

Sautéed Spicy Collards or Kale

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| 1 onion, sliced thinly | 4 cloves garlic, sliced thinly |
| 3 tablespoons olive oil | 1 teaspoon cumin seeds |
| 1 pound fresh collard greens or kale | ¼ cup chopped fresh parsley |
| 2 teaspoons minced chile pepper of your choice
(or 1 teaspoon crushed red pepper flakes) | |

Thoroughly wash greens and remove tough stalks. Stack leaves on a cutting board and slice into thin strips. Set aside to drain.

Heat olive oil in a large sauté pan, then add onions and garlic. Cook over medium-high heat until onions begin to wilt. Reduce heat to medium and add cumin seeds, cooking until onions are thoroughly wilted and just beginning to brown on the edges. Add collards and parsley and cook until the collards have wilted, but do not overcook. Stir in chile peppers and heat through. Serve warm.

Katherine K. Schlosser, HSA North Carolina Unit
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Chicken with Lime and Spices

4 boneless chicken breasts 2
tablespoons olive oil Marinade
3 tablespoons fresh lime juice 1
teaspoon ground coriander 1 teaspoon
ground cumin
½ teaspoon turmeric
1 tablespoon chopped fresh mint

Combine all marinade ingredients in a bowl. Cut chicken into 5/8" strips. Add chicken strips to marinade, cover, and allow to marinate several hours or overnight in the refrigerator. Drain chicken.

Heat olive oil in a medium pan, add chicken. Cook over medium-high heat for 5-10 minutes, until lightly browned and tender.

*Mark Ragland and Scott Norton, HSA Virginia Commonwealth Unit
The Herb Society of America's Essential Guide to Growing and Cooking with Herbs,
edited by Katherine K. Schlosser*

**Do you have a recipe using cumin to share?
Please send it to Email_educator@herbsociety.org**