Recipes

Tamarind, *Tamarindus indica*

Tips:

- Most commonly found pressed into a dense block, "lump", or as a paste.
- Create a thin paste by covering a small amount cut from the block with hot water. Stir and strain seeds after about 5 minutes.
- Use tamarind labeled "sour tamarind" for cooking.
- Use unripe pods for a stronger degree of sourness. The fruit sweetens as the fruit ripens.
- Peel the shell and remove the fibers and seeds to use the pulp from fresh pods.
- Seeds and fibers may also need to be removed from blocks or cakes.

Shrimp, Cilantro, and Tamarind Soup

1 pound large raw shrimp, fresh or frozen, shelled and deveined
4 cups warm water
2 tablespoon extra-virgin olive oil
1 small yellow or white onion, peeled and finely minced
4 garlic cloves, peeled and grated
¼ cup tomato paste
½ teaspoon black pepper
1 tablespoon tamarind paste (not concentrate)
Kosher salt
1 bunch cilantro, leaves and stems minced
1 green chili, such as serrano or Thai chili, thinly sliced

Place the shrimp and the water in a medium saucepan. Cook over low heat until the shrimp turns pink, about 10 minutes for fresh shrimp and 15 minutes for frozen. Increase the heat to high, bring the liquid to a boil and immediately remove from heat. Separate the shrimp and the liquid, and reserve both.

Wipe the saucepan dry with a clean paper towel. Heat the oil in the saucepan over medium. Add the onion and sauté for 3 to 4 minutes until it turns translucent. Add the garlic and sauté for 1 minute. Stir in the tomato paste and cook for another 3 to 4 minutes, until the tomato paste begins to deepen in color. Add the black pepper and tamarind paste, then stir in the reserved cooking liquid and mix until fully combined.
Taste and season with salt.

Increase the heat to high and bring the liquid to a boil. Remove from heat and fold in the reserved shrimp, cilantro and green chili. Serve hot. Yields 4 servings. 30 minutes.

Nik Sharma, New York Times
Cooking.nytimes.com

Roasted New Potatoes with Garlic and Tamarind

1 ½ pounds yellow new potatoes, about 1 to 1 ½ inches in width
Kosher salt
1 tablespoon extra-virgin olive oil
1 teaspoon ground cumin

©2026 by The Herb Society of America www.herbsociety.org 440-256-0514 9019 Kirtland Chardon Road, Kirtland, OH 44094

Roasted New Potatoes with Garlic and Tamarind, continued

2 tablespoons unsalted butter, melted
2 garlic cloves, peeled and grated
2 tablespoons tamarind pasted (not concentrate)
1 tablespoon date syrup, honey or maple syrup
1 teaspoon lime juice
1 medium shallot, peeled and minced
2 scallions, white and green parts thinly sliced
2 tablespoons chopped cilantro
1 green chili, such as a serrano or Thai chili, minced (optional)

Heat oven to 425 degrees and place a rack in the top third of the oven.
Scrub the potatoes under running water to remove any grit or dirt. Slice the potatoes in half lengthwise and place them in a medium saucepan. Fill the saucepan with enough water to cover them by 1 inch. Stir in 1 teaspoon salt and bring the water to a boil over medium-high heat. Boil for another 6 minutes until easily pierced with a sharp knife but still firm.

Drain the water and place the potatoes in a large mixing bowl. Season with salt. Drizzle the oil and sprinkle the cumin over the potatoes, and toss to coat well. In a roasting pan or baking sheet lined with aluminum foil, spread the potatoes out, cut-side up. Roast on the upper rack of the oven, flipping halfway through roasting, until they turn golden brown and crispy, about 35 minutes.
As the potatoes cook, mix the butter and garlic in a small bowl. Two or three minutes before the potatoes are done, pour the butter-garlic mixture over the potatoes and turn off the oven. Return the pan to the oven to cook in the residual heat for 2 to 3 minutes, being careful not to let the garlic burn. Remove the pan from the oven, and transfer the potatoes to a serving bowl.

In a small bowl, mix the tamarind paste, date syrup and lime juice. When ready to serve, pour the mixture over the potatoes and toss to coat well. Top with the shallots, scallions, cilantro and green chili, if using. Serve warm. 4 servings. 1 hour.

Nik Sharma, New York Times
Cooking.nytimes.com
thekitchn.com

Tamarind Water

This is an excellent tangy, fruity, alcohol-free alternative to wine.

¾ cup boiling water
1 heaping tablespoon (1 oz/28g) lump tamarind

Pour boiling water over the lump tamarind. Leave to soften for a minute, then stir and mash the tamarind. Let steep for 3 to 4 minutes longer, then stir again or, if the water is cool enough, use your fingers to loosen the pulp from the seeds and fibers. Strain the liquid, pressing as much pulp as possible through he sieve. Discard the seeds and fibers.

Susan Volland
Splendid Table, splendidtable.org

©2026 by The Herb Society of America www.herbsociety.org 440-256-0514 9019 Kirtland Chardon Road, Kirtland, OH 44094
All rights reserved. This document or any portion thereof may not be reproduced or used in any manner without the express written permission of the publisher except for the use of brief quotations in a book review. Any use of the content herein must cite The Herb Society of America as its source.

Tamarind Pulp

Use as a tangy ingredient in curries and peanut sauce.

3 tablespoons (3 oz/85g) lump tamarind
1 cup water

Break up lump tamarind and combine it with 1 cup water in a saucepan. Simmer for 1 to 2 minutes, stirring often, until the tamarind is soft and the mixture has thickened. Press the pulp through a sieve and discard the fibers and seeds.

Susan Volland
Splendid Table, SplendidTable.org

Do you have a recipe using tamarind to share?

Contact Karen.K@herbsociety.org

©2026 by The Herb Society of America www.herbsociety.org 440-256-0514 9019 Kirtland Chardon Road, Kirtland, OH 44094
All rights reserved. This document or any portion thereof may not be reproduced or used in any manner without the express written permission of the publisher except for the use of brief quotations in a book review. Any use of the content herein must cite The Herb Society of America as its source.