



Nutritious, Delicious, Wisconsin!

# CILANTRO Zaub Txhwb

Confetti Cilantro



Green Stem Cilantro



Coriander



## HMooB Varieties

- HMooB Cilantro
  - Green Stem
  - Purple Stem
- Indian Summer
- Confetti Cilantro
- Calypso Cilantro

## TASTE & TRADITION



**Cilantro** and **coriander** come from the same plant! The leaves are called cilantro, and the dried seeds are called coriander. Cilantro has a fresh, slightly floral flavor and is commonly used in HMooB cooking. It's often added as a vibrant garnish or mixed into dishes for extra taste and color. HMooB cooks also use the roots and stems of cilantro in stocks, broths, and soups to add rich aroma and flavor.

## RECIPE

### HMooB Cilantro Pepper Sauce (Kua Txob Nrog Zaub Txhwb)

#### Ingredients

- 1 bunch of cilantro
- 7-10 chili peppers (Thai, dry, cayenne, etc.)
- Onion (green, white, yellow, etc.)
- 3 garlic cloves
- Fish sauce (or salt as a substitute)
- ½ lime
- Optional: sugar, or a splash of water

#### Directions

1. Mince or grind the garlic and chili peppers and place them in a bowl.
2. Finely chop the cilantro and onions. Add them into the same bowl.
3. Add fish sauce and freshly squeezed lime juice. Adjust flavors to your liking.
4. Stir and enjoy! This flavorful sauce is great as a dip or drizzled on your favorite HMooB foods for a little extra kick.



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