

Spice, a friend to fans of flavor

Many people on low-sodium diets find cooking with spices is a great way to add some flavor to their meals without betraying their diets. But cooking with spice is a great way for all people to add flavor and experiment in the kitchen.

Perhaps no ethnic cuisine is more associated with spices than Indian food. Some people love

their Indian food to pack a potent, temperature-raising kick, while others prefer more subtle dishes in which the spices add flavor without creating a four-alarm fire in their mouths. Cooks who want to experiment with spice in their kitchens can try the following recipe for “Fried Green Beef” from India native Ruta Kahate’s “5 Spices,

50 Dishes” (Chronicle Books).

Fried Green Beef

Serves 4

- 2 pounds London broil (inside round)
- 2-1/2 cups coarsely chopped, tightly packed, rinsed cilantro leaves and tender stems (about 1 bunch)

- 2 medium green serrano chiles, coarsely chopped
- 2-1/2 tablespoons lemon juice
- 2 tablespoons water
- 1-1/2 teaspoons finely grated fresh ginger (about 3-inch piece)
- 1 teaspoon finely grated garlic (about 2 large cloves)
- 1 teaspoon salt

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Fried Green Beef

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