



BROWN BAG LUNCH IN THE GARDEN

September 3, 2010—Lemongrass

This Week's Recipe:

Vietnamese Lemongrass Chicken

Adapted from Food & Wine Magazine, October 2007

Ingredients:

- 2 tablespoons fish sauce
- 3 garlic cloves, crushed
- 1 tablespoon curry powder
- 1/2 teaspoon salt
- 2 tablespoons plus 1 1/2 teaspoons sugar
- 1 1/2 pounds boneless, skinless chicken breast/thigh, cut into 1 1/2-inch pieces
- 3 tablespoons water
- 3 tablespoons cooking oil
- 2 fresh lemongrass stalks, tender inner white bulbs only, minced
- 1 large shallot, thinly sliced
- 3 chilies, seeded and minced
- 1 scallion for garnishing

In a bowl, combine the fish sauce, garlic, curry powder, salt, and 1 1/2 teaspoons of the sugar. Add the chicken meat to coat.

In a small skillet, mix the remaining 2 tablespoons of sugar with 1 tablespoon of the water and cook over high heat, stirring until the sugar is dissolved. Cook without stirring until a deep amber caramel forms. Remove from the heat and stir in the remaining 2 tablespoons of water. Transfer to a bowl.

Heat a wok over high heat. Add the oil and heat until shimmering. Add the lemongrass, shallot, and chilies and stir-fry until fragrant. Add the chicken and caramel and stir-fry until the chicken is cooked through and the sauce is slightly thickened. Transfer to a bowl and top with the scallion. Serve with steamed white rice.

Harvesting & Storing Lemongrass

- Primarily used in Thai cooking
- Zesty lemon flavor
- Harvest by cutting or twist/pull near the base
- Choose the largest stalks
- Remove outer leaves

Harvesting & Storing Lemongrass, cont.:

- Cut stalks into chunks and “bruise” before adding to a dish—remove after cooking.
- Cut the pale end of the stalk into thin slices and process in a food processor or grind in a mortar & pestle to add to a dish without removing.

Coming Next Week—Basil? Long Beans?

<http://thedemogarden.org>

September 3, 2010—Lemongrass

Iced Green Tea with Lemongrass Infusion

3 stalks lemongrass
2 tablespoons honey
2 tablespoons Japanese green tea leaves (sen-cha)

Remove tough outer leaves from 2 stalks of lemongrass. Finely chop lemongrass stalks, including the darker tops.

Bring 4-1/4 cups water, chopped lemongrass, and honey to a rapid boil. Lower heat and simmer for 10 minutes.

Place green tea leaves in a heatproof pitcher. Pour lemongrass infusion over the leaves and let steep for 2 minutes. (If you leave it longer the tea becomes bitter.)

Strain through a fine-mesh sieve. Cut remaining lemongrass stalk in half lengthwise, then crosswise. Let sit in tea until cool. Refrigerate until very cold. Serve over ice, garnished with a lemongrass stick.

Lemon Grass Coconut Rice

1 cup long-grain rice
1 stalk lemongrass, bottom 6 inches only
1—3/4 cups coconut milk
2 bay leaves
1/2 teaspoon turmeric
Salt

Wash the rice under running cold water until water runs clear. Bruise the lemongrass stalk by hitting it with the blunt end of a knife.

Place coconut milk rice lemongrass, bay leaves, turmeric, and a pinch of salt in a medium saucepan. Slowly bring to a boil, stirring once in a while. Once it boils. Lower heat to a low simmer, cover

and cook for 25 minutes, or until all liquid is absorbed.

Remove bay leaves and lemongrass and serve hot.

Vietnamese Coconut Lemongrass Chicken

2 Tbl butter
1 lg. onion, sliced
3 cloves garlic, chopped
1 Tbl salt, optional
2 tsp. pepper
1 Tbl sugar
1 1/2 Tbl. Minced fresh ginger
3 lbs. boneless chicken, diced
1 Tbl minced fresh hot red chili peppers
4 stalks lemongrass, pale ends finely chopped
2 Tbl curry powder
3 Tbl soy sauce
4 Tbl fish sauce
4 oz. unsweetened coconut milk

Melt the butter in a medium skillet over medium heat. Add half the onion and all the garlic. Cook, stirring frequently, until beginning to soften. Add the salt, pepper, sugar, chopped ginger, and chicken. Cook over medium-high heat until the onion and chicken begin to brown.

Add remaining onion, chili peppers, lemongrass, curry powder, soy sauce, fish sauce, and coconut milk. Stir, reduce heat to medium-low, cover, and cook until the chicken is no longer pink. Remove lid and simmer until the sauce thickens and the chicken is tender.