

Recipes



Tips for Cooking with Lemongrass

- Use the base of the stalk as a flavorful drink stirrer.
- Infuse the flavor into simple syrups, vinegars or oils alone or blend with other herbs.
- Rather than chopping the stalk, use it for flavor as a bay leaf then remove before serving.
- Or smash the base with the flat side of a knife and peel the outer fibrous layer of the base. The inner portion is soft and slices easily.
- Blends well with other lemon flavors as well as sweet, spicy and savory dishes including marinades, spice rubs, curry dishes, and beverages.

Lemongrass Syrup

2 cups water

1 cup sugar

2 cups lemongrass, cut into 1-inch pieces (may substitute 2 cups lemon verbena, or orange mint, chopped)

Using the bottom portions of lemongrass stalks, cut into 1-inch pieces. (Use the part that just gets up into the green; depending on your plant, that may be 6-8 inches up the stalk. Use a sharp knife and take care not to cut your hands on the sharp edges of the leaves.)

Combine water and sugar in a small saucepan. Bring to a boil, reduce heat, add lemongrass, and simmer for 10 minutes. Remove from heat and allow to steep for 30 minutes – 1 hour. The syrup should be thickened and a pale golden yellow color. Strain out the lemongrass. Pour syrup into a sterilized glass bottle and store in the refrigerator.

This is very nice served over fruit, drizzled over ice cream or cake or stirred into tea, lemonade or a glass of dry white wine.

— Katherine K. Schlosser, North Carolina Unit

The Herb Society of America's Essential Guide to Growing and Cooking With Herbs

Pounded Lemongrass Chicken

This aromatic Vietnamese-inspired dish calls for pounding the chicken breasts to a uniform thinness, which eliminates any dryness.

4 lemongrass stalks, tough outer layers removed, chopped
1 medium shallot, chopped
2 garlic cloves, chopped
¼ cup fresh lime juice
2 teaspoons fish sauce
2 teaspoons light brown sugar
½ teaspoon crushed red pepper flakes
4 6-ounce skinless, boneless chicken breasts, pounded to ½-inch thickness
Kosher salt, freshly ground pepper
2 tablespoons vegetable oil
Lime wedges (for serving)

Process lemongrass, shallot, garlic, lime juice, fish sauce, brown sugar, and red pepper flakes in a food processor to a fine paste. Season chicken with salt and pepper and place in a resealable plastic bag. Add lemongrass mixture; chill at least 30 minutes

Heat oil in a large skillet over medium-high. Remove chicken from marinade, scraping off excess, and cook until golden brown, 6–8 minutes; turn and cook until cooked through, about 2 minutes longer.

Serve chicken with lime wedges for squeezing over.

Do Ahead: Chicken can be marinated 2 days ahead. Keep chilled.

— *Alison Roman, July 2016, bonappetit.com*