

# Recipes

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## Lemongrass, *Cymbopogon citratus*

### Tips:

- Add leaves in soups, stews, salads and chicken dishes, but chop finely or remove after flavor is infused.
- 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.
- Steep in black tea for lemon flavor without the lemon fruit, especially if milk is also desired. (won't curdle)
- Store cut lemongrass, wrapped in plastic, in the refrigerator or freeze up to 6 months

### 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*  
edited by Katherine K. Schlosser

## 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  
 1/4 cup fresh lime juice  
 2 teaspoons fish sauce  
 2 teaspoons light brown sugar  
 1/2 teaspoon crushed red pepper flakes

4 6-ounce skinless, boneless chicken breasts, pounded to 1/2-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](http://bonappetit.com)

## Spring Salad with Lemongrass Vinaigrette

4 oz. tender-stem broccoli or broccoli crowns  
 1/4 cup pepitas or pumpkin seeds  
 1 large head of romaine lettuce  
 1 cup of pea shoots, about a small handful  
 7 to 8 radishes, sliced thinly

1 large carrot  
 6 to 8 stalks of asparagus  
 1/4 cup sliced almonds  
 1 tablespoon chopped fresh mint, optional

### Lemongrass Vinaigrette

2 tablespoons stalks of lemongrass  
 1 large clove of garlic  
 fresh ginger  
 3 to 4 tablespoons seasoned rice vinegar, depending on your taste  
 1/2 tablespoon low-sodium tamari, use soy sauce if not gluten free

1/2 teaspoon sesame oil  
 1 tablespoon sunflower oil, olive oil works also  
 1 1/2 tablespoons lime juice  
 1/2 to 1 tablespoon maple syrup, depending on your taste

Chop tender-stem broccoli into smaller pieces. Steam them for about 2 minutes, then place them in a bowl of ice water. This helps keep the broccoli crisp while you prepare the other ingredients.

Lightly toast pepitas on a pan. Stir pepitas often to prevent them from burning. When they're done, plate seeds.

Rinse romaine leaves and chop them to smaller pieces. Place in a large bowl. Add pea shoots and sliced radishes.

Peel carrot and use your peeler to create carrot shavings. Shave asparagus with your vegetable peeler. Note that you'll probably only be able to get about 4 or 5 shavings on a stalk. Just save the rest for roasting or a stir-fry.

Add shaved vegetables to the bowl. Add tender-stem broccoli, pumpkin seeds, sliced almonds, and chopped mint, if using.

Prepare lemongrass vinaigrette. Remove the tough outer 2 layers of a stalk of lemongrass. Grate the larger end on a microplane, until you get about 2 to 2 ½ tablespoons of lemongrass shavings. Place in small bowl. Grate garlic and add to the bowl. Grate ginger until you get about 1 to 2 teaspoons of it. If you want a spicier vinaigrette, use 2 teaspoons. Add to bowl with other spices.

Mix in rice vinegar, tamari, sesame oil, sunflower oil, lime juice, and maple syrup. Toss salad and drizzle with lemongrass vinaigrette.

Lisa Lin

[www.healthynibblesandbits](http://www.healthynibblesandbits)

## Lemongrass and Sriracha Grilled Shrimp

1 lb. tiger prawn or jumbo prawn, peeled, deveined, tails intact  
oil (for brushing)  
6 metal or bamboo skewers, soaked in water

### Marinade

2 tablespoons fish sauce	1 teaspoon Sriracha
1 lemongrass (white part only, grated)	1 big clove garlic (finely minced)
1 tablespoon powdered sugar	

### Chili-Calamansi Dipping Sauce

1 ½ tablespoons chili garlic sauce	1 small calamansi (extract the juice (or 1 wedge lime))
1 tablespoon water	
½ tablespoon chopped cilantro leaves	

Clean the shrimp with cold running water. Pat dry with paper towels and transfer the shrimp into a bowl.

Add all the ingredients in the Marinade into the bowl. Stir to combine well with the shrimp. Marinate for 15 minutes.

Thread three shrimp into each skewer. Brush the surface of the shrimp with some oil.

Grill the shrimp on both sides until they are charred and cooked through. Serve immediately with the dipping sauce (optional).

Bee Yinn Low

<https://rasamalaysia.com/lemongrass-and-sriracha-grilled-shrimp/>

Rasa Malasia

## Addictive Lemongrass Tea

4 cups water  
2 cups roughly chopped lemongrass stalks  
¼ cup sugar  
Lime wheels for garnish - optional

Bring the water to a boil over high heat in a medium saucepan.

Add the lemongrass and boil rapidly for 5 minutes.

Reduce the heat to low and simmer the tea for an additional 5 minutes.

Strain the stalks from the liquid. Stir in the sugar until dissolved.

Serve warm, or chill in the refrigerator and pour over ice.

Note: This recipe calls for roughly chopping the lemongrass stalks. So, what does that mean? Chopping is cutting food into bite-sized pieces using a knife. If something is to be finely chopped, the pieces should be smaller than bite sized, and for roughly chopped, the pieces should be slightly bigger.

Linda,  
<https://thewanderlustkitchen.com/addictive-fresh-lemongrass-tea/>

**Do you have a recipe using Lemongrass to share?  
Please send it to [educator@herbsociety.org](mailto:educator@herbsociety.org)**