



Spice Up Your Summer!

Maynard Library

Spice Club

LEMONGRASS

SPICE INFORMATION

Lemongrass (*Cymbopogon citratus*), a stiff grass native to India, is widely used as an herb in Asian cuisine. Evergreen in warm climates, lemongrass is a sharp-bladed, perennial, blue-green grass that grows in 3- to 6-foot-tall clumps.

This citrusy plant plays a starring role in many Southeast-Asian cuisines, adding its unique flavor to everything from curries to cold drinks. In Thailand, Laos, and Vietnam, cooks pulverize lemongrass in tall mortars, combining it with garlic, kaffir lime leaf, and other herbs to create a thick curry paste that is integral to their cooking. Island cultures of the South Pacific also cultivate the crop with great success and include it in their cuisine. In African and Latin American cultures, lemongrass is frequently used (fresh or dried) to make tea.



Although the leaves have some use in teas and medicinal applications, the fibrous stalks and slight bulb at the base of the perennial hold the bulk of flavor. Woody and tough, they are commonly macerated in oils and other spices and removed after infusion. (Similarly, a bundle can be tied and simmered in stock to impart the essence.) Lemongrass's aroma can be stronger than genuine citrus, while the flavor is a rich lemon without the acidity. Hints of camphor and mint are present in the freshest sources.

In addition to its uses in the kitchen, it's valued medicinally as a remedy for a wide range of ailments, from stomach troubles and fever to depression. It can be dried and powdered, or used fresh.

Lemongrass and citronella are two closely related plants and have a very similar appearance and smell. In fact, both act as natural insect repellants. Both of them



contain the compound citronella that helps to mask the scents that mosquitoes rely on to target hosts which is carbon dioxide and lactic acid. Furthermore, the essential oils of lemongrass and citronella are used in aromatherapy. Sometimes, people also use the two names, lemongrass and citronella, interchangeably, but they are two distinct plants.

<https://www.britannica.com/plant/lemongrass>

<https://www.teatulia.com/tea-varieties/what-is-lemongrass.htm>

<https://www.finecooking.com/ingredient/lemongrass>

<https://www.rentokil.com.sg/my-pest-control-quick-tips/pest-myths/is-lemongrass-the-most-effective-mosquito-repellent>

<https://pediaa.com/what-is-the-difference-between-lemon-grass-and-citronella>

A Note about Ingredients

In cooking, fresh lemongrass is preferred as it gives a better mix of bright and complex flavors. Dried lemongrass has more of a woody flavor. Stir-fries call for finely-diced fresh lemongrass as the dried form will simply dry out more. But dried lemongrass can be used in soups and other long-simmered dishes where it has time to rehydrate. Dried lemongrass can be steeped or boiled to make an herbal infusion or decoction. Generally speaking, about one teaspoon of lemongrass leaves per cup of boiling water is a good ratio.

One tablespoon of lemongrass paste = 1 stalk of fresh lemongrass in most recipes.

Kaffir or Makrut Lime Leaf Substitute

Any of these can be used as a substitute for lime leaves—bay leaves, lime zest or lemon thyme. Use either 1 bay leaf, 1½ t lime zest or a small bunch of lemon thyme. Or mix them together to make a very close substitute. Adjust amounts accordingly for the number of lime leaves in your recipe.

Galangal Substitute

Ginger and galangal are quite similar in overall flavor, so if you can get it at your grocery store, the two can be swapped 1:1. The same goes for ground galangal and ground ginger.

RECIPES

Thai-Inspired Cucumber Salad

<https://food52.com/recipes/5055-it-s-hot-to-be-cool-thai-inspired-cucumber-salad>

Serves 2, with dressing leftover

INGREDIENTS

1 large cucumber, washed, peeled, halved lengthwise, seeded and sliced into 1/4-inch to 1/2-inch thick slices
Coarse salt
1 cup dry-roasted peanuts
Thai hot chile oil, to taste
Sea salt, to taste
1/2 cup silken tofu
1/2 cup rich, creamy cold coconut milk
4 teaspoons minced lemongrass
1 tablespoon fresh-squeezed lime juice
1/2 teaspoon salt
1/2 teaspoon sugar
2 tablespoons coarsely chopped mint
1 2-inch long Serrano pepper, coarsely chopped
6 large mint leaves, finely julienned



DIRECTIONS

1. Place sliced cucumber in a colander over a bowl, sprinkle generously with salt and let sit in the refrigerator for about 30 minutes or the duration it takes you to prepare the rest of the ingredients.
2. Put peanuts in a bowl and drizzle with the hot chile oil. Toss to coat all the nuts, then grind some nice sea salt over them. Toss again and set aside. Note: if you like really hot flavors, you could also sprinkle the nuts with a bit of cayenne to up the heat.
3. Put the tofu, coconut milk, lemongrass, lime juice, salt, sugar, chopped mint, and Serrano pepper in a food processor and process until all the ingredients are blended well, scraping down sides as needed.
4. Turn the cucumbers out onto paper towels or a dish towel, blot with additional towels until the cukes are fairly dry of excess liquid. Put them in a bowl.
5. For one cucumber, or two servings, use 1/4 cup of the dressing, toss, then the finely julienned mint leaves and 1/4 cup of the spicy peanuts. Toss again. Enjoy immediately or refrigerate for later.
6. Some options: I think some unsweetened shredded coconut would be nice to add to this, and I can see some finely shredded carrot as a garnish on top of each serving.

Thai Corn and Shrimp Salad

<https://www.finecooking.com/recipe/thai-corn-shrimp-salad>

Servings: 4 to 6

INGREDIENTS

| | |
|------------------------------------|---|
| 3 Tbs. rice vinegar | 2 Tbs. Asian sesame oil |
| 2 Tbs. soy sauce | 8 oz. medium (41 to 50 per lb.) shrimp, cooked and peeled |
| 1/4 cup chopped fresh cilantro | 12 oz. shelled edamame (about 2-1/2 cups) |
| 1-1/2 tsp. minced fresh lemongrass | 5 large ears corn |
| 1/2 tsp. finely grated lime zest | 1-3/4 cups diced fresh pineapple |
| 2 Tbs. fresh lime juice | 1-1/2 cups diced mango (about 1 large mango) |
| 1 tsp. granulated sugar | 1 Tbs. toasted sesame seeds |
| Kosher salt | |
| 3-1/2 Tbs. olive oil | |



DIRECTIONS

1. In a small bowl, whisk the vinegar, soy sauce, cilantro, lemongrass, lime zest and juice, sugar, and 1 tsp. salt. Add 3 Tbs. of the olive oil and the sesame oil, whisking until blended and thick.
2. Toss the shrimp with 1/3 cup of the dressing, and set aside to marinate for at least 20 minutes.
3. Cook the edamame according to package directions. Drain and set aside to cool completely.
4. Prepare a medium-high (400°F to 475°F) charcoal- or gas-grill fire.
5. Remove all but the innermost layers of the husks from the ears of corn. Peel back the remaining husks without removing them. Pull out the silk, and replace the husk to cover the kernels. Put the corn directly over the fire, and cook, rotating every 2 to 3 minutes, until browned on all sides. (If you want more charred flavor, pull back the husks and grill for 1 to 2 minutes longer.) Allow the corn to rest until cool enough to handle. Cut the kernels from the cobs.
6. Using a slotted spoon, remove the shrimp from the marinade. Discard the excess marinade. Skewer the shrimp, and then grill until pink and opaque, about 2 minutes. Allow the shrimp to rest until cool enough to handle, and then remove the skewers.

7. In a large serving bowl, combine the edamame, corn, pineapple, and mango, and gently toss with the remaining dressing. Garnish with the shrimp and sesame seeds just before serving. Serve chilled or at room temperature.

Vietnamese Fresh Spring Rolls with Lemongrass Beef

<https://www.manilaspoon.com/2020/08/vietnamese-fresh-spring-rolls-with-lemongrass-beef.html>

Prep Time 30 minutes Servings 6

INGREDIENTS

For the Lemongrass Beef

- 10-12 oz beef steak like sirloin or tenderloin, sliced thinly
- 3 lemongrass stalks, use only the whitish part at the bottom and remove the tough outer leaves then process/pulse in a blender or food processor until fine
- 3 cloves garlic, minced
- 1 tbsp oyster sauce (or fish sauce)
- 2 tbsp oil of choice

For the Rice Rolls

- 10-12 pieces of 6-inch round rice paper or sheets (banh trang), for wrapping
- handful lettuce leaves, torn
- bunch fresh herbs (like mint, cilantro or basil), choose 2
- 1 cup cucumber, julienned (matchstick size)
- 1 cup carrots, julienned (matchstick size)
- 1 cup rice noodles stick, cooked previously and cooled (optional)

For the Dipping Sauce

- 2 tbsp lime juice, freshly squeezed
- 2 tbsp fish sauce
- 2 tbsp white sugar
- 2 tbsp water
- 1-2 red Thai chili, sliced thinly (spice level you can tolerate)



DIRECTIONS

1. Combine the lemongrass, oyster sauce and minced garlic. Rub or coat the sliced beef with this lemongrass mixture and let rest for about one hour to allow beef to absorb the flavors.
2. Heat a heavy-bottomed skillet or wok to medium-high. Once the skillet is hot (this is important!), quickly mix the oil with the beef. Transfer the beef to the heated skillet and stir-fry for about 3-4 minutes or until done. Set aside the beef to cool.

3. Submerge the dried rice sheets in room temperature water briefly (about 5-7 seconds only) to soften. Place on top of a wooden cutting board (or any porous flat surface) large enough to accommodate the sheets.
4. Place a little of the torn salad leaves on top of the paper, a pinch or two of the beef, fresh herbs, noodles (if using) and the carrots and cucumbers - just enough to allow you to roll everything on the paper.
5. Roll the rice paper from the bottom and as you reach the middle part, fold the outside flaps inwards to close then continue to roll until you reach the end. Place sealed side down on a platter. Repeat until you finish all the beef.
6. To make the dipping sauce, simply mix together the lime juice, fish sauce, sugar, water and chili in a small bowl. Serve with the lemongrass beef spring rolls. Enjoy as snacks or appetizers!

Vegan Lemongrass Fried Rice

<https://platefulofveggies.com/vegan-lemongrass-fried-rice/>

Total Time 25 minutes Servings 2

INGREDIENTS

- ⅔ cup uncooked jasmine rice (about 2 cups cooked)
- 4 cups bean sprouts (can substitute 1 cup of extra vegetables)
- 2 cups vegetables, chopped (red pepper, broccoli, carrots, mushrooms)
- 1½ tbsp lemongrass, finely chopped (about two stalks)
- 1½ tbsp finely chopped garlic (about 4-5 big cloves)
- 2 scallions (can use shallots or onions instead)
- 4 tsp soy sauce, to taste
- ¼ tsp black pepper
- ¼ tsp red chilli flakes or use fresh chillies
- ¼ tsp salt
- 1 tbsp vegetable oil



DIRECTIONS

Cook rice

1. It is best to prepare rice for fried rice in advance, so that it has enough time to cool down and come to room temperature. This ensures separate grains.
2. Wash rice and cook using any method of your choice. If using Jasmine rice, the water to rice ratio is 1:1 for fried rice.
3. Let the rice come to room temperature or chill in the refrigerator.

Prep lemongrass

1. Cut off the tough part at the bottom and top of the stalk.
2. Peel the tough outermost layer and discard.

3. Peel a few more tough outer layers to reach the inner white core. Do not discard these scrap layers. They can be frozen and used in soups, masala chai etc.
4. Slice the inner core very thinly. Then mince it fine. Alternatively, the slices can be minced in a chopper or food processor.

NOTE: It is important to mince lemongrass finely as it can otherwise be tough to chew on.

Prepare bean sprouts, if using

1. Bring water to a boil and add bean sprouts for 2 minutes.
2. Strain and transfer the sprouts into cold water to stop further cooking.

Make fried rice

1. Heat oil in a wok or a pan on medium-high heat.
2. Add garlic, lemongrass, scallions (white part), fresh green chillies (if using) and saute until garlic and lemongrass slightly brown.
3. Add the vegetables and salt and stir fry for a minute. Take care not to over cook the vegetables if you want them to be crunchy.
4. Add black pepper powder and red chilli flakes.
5. Add in the rice and break it up.
6. Add soy sauce.
7. Add the blanched bean sprouts if using.
8. Add red pepper flakes and green part of scallions.
9. Mix everything well to incorporate.
10. Taste and add more soy sauce or pepper flakes as needed.

The fried rice can be served with Lemongrass Tofu (recipe below).

<https://platefulofveggies.com/easy-8-ingredient-vegan-lemongrass-tofu/>

Springtime Sweet Potato Soup with Coconut and Lemongrass

<https://food52.com/recipes/28111-springtime-sweet-potato-soup-with-coconut-and-lemongrass>

Serves 2-4

INGREDIENTS



1 sweet potato, peeled, cooked and mashed
 1 cup coconut milk (regular or light)
 1 cup water or broth
 1 to 3 teaspoons cider vinegar or rice wine vinegar
 1 lemongrass stalk, peeled and split lengthwise
 squeeze of lemon juice
 salt and pepper to taste

DIRECTIONS

1. Stir together mashed sweet potato, coconut milk, and water in a saucepan over medium heat. Add lemongrass stalks, if using. Warm to barely a simmer, stirring occasionally. If using lemongrass, keep on the burner for 20 to 30 minutes, then remove the lemongrass stalks.

2. Purée soup with an immersion blender (or blend in batches, carefully, in a blender or food processor). Stir in vinegar, a teaspoon at a time, until it has the right amount of zip to suit your taste. (If you're adding lemon juice, this is the time to do it.) Season with salt and pepper. If it's too thick, stir in a little more water, broth, or coconut milk.

Tom Kha Gai (Chicken Coconut Soup)

<https://www.bonappetit.com/recipe/tom-kha-gai-chicken-coconut-soup>

By Long Grain, Camden, ME

6 Servings

Substitute tofu for chicken, vegetable broth for chicken broth to make vegan

INGREDIENTS

1 1" piece ginger, peeled
10 makrut (Thai) lime leaves or 1 Tbsp. lime zest and ¼ cup lime juice
6 cups low-sodium chicken broth
1½ lb. skinless, boneless chicken thighs, cut into 1" pieces
8 oz. shiitake, oyster, or maitake mushrooms, stemmed, caps cut into bite-size pieces
1 13.5-oz. can coconut milk
2 Tbsp. fish sauce (such as nam pla or nuoc nam)
1 tsp. sugar
2 stalks fresh lemongrass, tough outer layers removed
Chili oil, cilantro leaves with tender stems, and lime wedges (for serving)
Optional: Add slivered red peppers, onion, rice noodles



DIRECTIONS

1. Using the back of a knife, lightly smash lemongrass and ginger; cut lemongrass into 4" pieces. Bring lemongrass, ginger, lime leaves, and broth to a boil in a large saucepan. Reduce heat and simmer until flavors are melded, 8–10 minutes. Strain broth into clean saucepan; discard solids.
2. Add chicken and return to a boil. Reduce heat, add mushrooms, and simmer, skimming occasionally, until chicken is cooked through and mushrooms are soft, 20–25 minutes. Mix in coconut milk, fish sauce, and sugar.
3. Divide soup among bowls. Serve with chili oil, cilantro, and lime wedges.

Laotian Nam Khao (Crispy Rice Salad)

<https://www.cookeatworld.com/nam-khao/>

Total Time 2 hours 15 minutes

INGREDIENTS

2 cups Jasmine rice
2 tbsp Thai red curry paste
1 tsp ginger, minced
2 garlic cloves, minced
1 shallot, finely chopped
2 kaffir lime leaves, very finely chopped
1 tbsp lemongrass paste
2 tbsp fish sauce
½ tsp white pepper
2 tsp light brown sugar
1 egg
1 tbsp corn starch
Canola oil (for deep frying)

For the salad dressing

2 tbsp fish sauce
2 tbsp sugar
2 tbsp lime juice
1 tbsp rice vinegar
1 garlic clove, very finely chopped

1 stem cilantro (no leaves), finely chopped

1 Thai chilli, finely sliced

⅓ cup boiling water

Other salad ingredients

2 Thai Nam sausage (Also known as Lao Som Moo sausage, optional)

⅓ cup mint, roughly chopped

⅓ cup cilantro, roughly chopped

⅓ cup Thai basil (holy basil), roughly chopped

¼ cup roasted peanuts, unsalted

2 fresh shallots, thinly sliced, soaked in ice water for 5 minutes

2 tbsp fried shallots

2 scallions, finely sliced

3 Thai chilles, finely sliced (optional)

Lettuce leaves (for wrapping Nam Khao, optional)



DIRECTIONS

To make the rice balls

1. Cook the rice until done. Remove from the heat and spread into a layer on a sheet pan (loosely covered with paper towels) to cool and dry a little (about 2 hours)
2. Meanwhile, prepare all the other ingredients, ready to assemble.
3. When the rice is cooled, in a bowl, mix together all the other rice ball ingredients with the rice (except the oil).
4. Wet your hands in a little water and then create small balls (about 2-inches) with the rice mix. Arrange on a plate while you repeat the process to use up all the mix. Refrigerate until needed.
5. In a medium saucepan or fryer heat the oil (about 3-inches for a pan) until hot (around 320°F) – a cube of bread should sink then gently rise to the surface bubble when added. If the oil is too hot, remove from the heat and cool.

6. Gently add about 5-6 balls into the oil and fry for 3-4 minutes each until crisp. Remove and drain on paper towels while you fry the rest in batches.

To make the dressing

Combine all the ingredients (except water) then pour in the freshly boiled water and whisk. Leave to cool completely.

Arranging the salad

1. Using your hands, break up the cooled rice balls into rustic pieces into a large salad bowl.
2. Toss together the rice pieces with all the other salad ingredients.
3. Pour over a little dressing and mix well.

Chiang Mai Chicken in Lettuce Cups

<https://chefkatiechin.com/our-recipes/chang-mai-chicken-in-lettuce-cups/>

Katie Chin, Everyday Thai Cooking

Serves 4 as an appetizer or snack Total Time 30 minutes

Note: If you can't find Thai chilies, use jalapeño or Serrano chilies.

INGREDIENTS

Ginger Lime Dipping Sauce

- 1/4 cup sugar
- 1/4 cup water
- 1 tablespoon minced fresh ginger
- 4 tablespoons freshly squeezed lime juice
- 1 teaspoon rice vinegar or white vinegar
- 2 teaspoons fish sauce (nam pla)
- 1 fresh hot red or green pepper, preferably Thai, deseeded and finely sliced

Filling

- 2 tablespoons oil
- 2 teaspoons minced galangal or fresh ginger
- 1 clove garlic, minced
- 1 fresh red or green chili, preferably Thai, finely sliced (deseeded if you prefer less heat)
- 1/2 lb ground chicken
- 1/2 cup canned chopped water chestnuts, rinsed and drained
- 1 tablespoon finely chopped fresh cilantro
- 1 tablespoon finely chopped scallion, white and green parts
- 1 tablespoon minced lemongrass
- 1 tablespoon fish sauce (nam pla)
- 1 teaspoon crushed red pepper
- Salt and freshly ground black pepper
- 8 large butter lettuce leaves



DIRECTIONS

To make the dipping sauce

Bring sugar and water to a boil in a saucepan, stirring to dissolve the sugar. Cool slightly. Mix 1/4 cup (65 ml) of the syrup with the ginger, lime juice, vinegar, fish sauce, and chili in a small bowl. Transfer to a small serving bowl. Discard the remaining syrup.

To make the lettuce wraps

1. Heat oil in a wok or skillet on moderately high heat. Add galangal, garlic, and chili and stir-fry until fragrant, about 30 seconds. Add ground chicken and stir-fry for 4 minutes. Add water chestnuts and stir-fry for 2 minutes.
2. Add fresh coriander leaves, green onion, lemongrass, fish sauce, crushed red pepper, and stir-fry for 30 seconds. Season with salt and pepper. Transfer to a serving bowl.
3. Serve chicken mixture with lettuce leaves and Ginger Lime Dipping Sauce, allowing guests to form their own wraps.

Bun Ga Nuong (Vietnamese Noodle Bowl with Lemongrass Chicken)

<https://boulderlocavore.com/vietnamese-noodles-lemongrass-chicken/>

Total Time: 1 hour 15 minutes Servings: 4

INGREDIENTS

Lemongrass Chicken

- 1 stalk lemongrass (white portion only) crushed and cut into 1-inch sections for easy removal after marinating
- 4 small garlic cloves minced
- 2 tablespoons avocado oil or safflower oil, divided
- 1 tablespoon soy sauce (regular or gluten-free) do not use dark soy sauce
- 2 tablespoon fish sauce (regular or gluten-free)
- 2 tablespoon honey can also use brown sugar, or a sugar substitute
- 1 pound boneless skinless chicken thighs

Bowls

- 6 ounces vermicelli rice noodles
- 2 medium carrots peeled and julienned
- 1/2 English cucumber rinsed and julienned (peeling not necessary)
- 4 cups butter lettuce or shredded iceberg lettuce
- 2 tablespoons fresh mint
- 2 tablespoons fresh cilantro
- 1/2 cup prepared nuoc cham sauce, recipe below
- 1 lime quartered
- Chili oil for serving



DIRECTIONS

Marinating the Lemongrass Chicken

1. In a plastic zipper-close gallon bag combine the lemongrass, garlic cloves, soy sauce, fish sauce, 1 tablespoon of the oil, and honey. Seal, shake to combine. Add in the chicken. Seal the bag squeezing out the air. Massage the marinade into the chicken. Marinate in the refrigerator a minimum of 1 hour up to 24 hours.
2. Alternatively, the ingredient may be combined in a container with a lid. Mix marinade together first before adding the chicken.

Preparing the Noodle Bowl Ingredients

1. When ready to assemble, place the noodles in a large bowl and pour boiling water over them, stir and allow to soak for 5-10 minutes until soft. Drain thoroughly.
2. While the noodles are soaking, heat the remaining 1 tablespoon of oil in a large skillet or grill pan over medium-high heat. Sear the chicken for 5-7 minutes per side until slightly charred and cooked through. The internal temperature should reach 165° F. Remove to a cutting board to rest for 5 minutes then slice into 1/2-inch thick strips.
3. Divide the noodles between 4 bowls, arrange the lettuce, carrots, cucumber, herbs, and chicken around the noodles. Drizzle with Nuoc Cham and chili oil to serve.

Nuoc Cham Recipe – Vietnamese Dipping Sauce

Total Time: 5 minutes Servings: 10 2 tablespoons servings

INGREDIENTS

- 1/3 cup fish sauce
- 1/4 cup rice wine vinegar
- 1/4 cup fresh lime juice
- 1/4 cup water
- 2 tablespoons granulated sugar
- 1 large pinch crushed red pepper flakes
- 1 serrano or Thai chili thinly sliced

DIRECTIONS

Combine all ingredients in a jar. Stir until the sugar dissolved. Can sit up to 8 hours at room temperature after making. Store in the refrigerator for up to 3 weeks.

Lemongrass and Sriracha Grilled Shrimp

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

Total Time 30 minutes Servings: 6

INGREDIENTS

- 1 lb tiger prawn or jumbo prawn, peeled, deveined, tails intact
- 6 metal skewers or bamboo skewers, soaked in water before using
- oil, for brushing

Marinade:

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

Chili-Calamansi Dipping Sauce (Optional):

- 1 1/2 tablespoons chili garlic sauce
- 1 tablespoon water
- 1/2 tablespoon chopped cilantro leaves
- 1 small calamansi, juiced (or 1/4 lime)



DIRECTIONS

1. Clean the shrimp with cold running water. Pat dry with paper towels and transfer the shrimp into a bowl.
2. 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).

Salmon with a Thai Curry Sauce

<https://food52.com/recipes/21599-salmon-with-a-thai-curry-sauce>

Total time 1 hour Serves 4

INGREDIENTS

- 1 pound salmon fillet (preferably wild caught), skin removed
- 2/3 cup fruity white wine (like a Sauvignon Blanc)
- 1 1/2-inch thick slice of fresh ginger
- 2 tablespoons lemongrass, chopped into chunks
- 1 cup plus 2 tablespoons thinly sliced green onion, divided
- 2 tablespoons coconut or peanut oil
- 3 teaspoons Madras curry powder (not Thai, I know, but it works)
- 2 tablespoons dark brown sugar
- 1 tablespoon grated fresh ginger
- 3 large garlic cloves, minced
- 1 14-ounce can coconut milk
- 1 tablespoon fresh lime juice
- 1 Thai bird's eye or jalapeno pepper, speared in several places with a knife, but left whole (use up to 4 chilis for more heat)
- 1 tablespoon fish sauce (plus more to taste)
- 1 1/2 cups peas (fresh or frozen will work)
- 1 cup cooked rice or rice noodles for serving
- 1 handful Chopped cilantro and mint for garnish



DIRECTIONS

1. In a deep stovetop pan that will snugly fit the salmon (you may want to cut the fillet into two pieces), combine the wine with 1 cup water, the slice of ginger, chopped lemongrass, and 2 tablespoons of chopped green onion, plus a good pinch of salt. Bring to a boil, then turn down to a bare simmer. Slip in the salmon and cook until it is just barely cooked (it should be rare in the center). Remove the salmon from the poaching liquid and cut it into approximately 1-inch chunks. Set aside.
2. In a large skillet, heat the peanut or coconut oil over medium-high heat. Add the remaining chopped green onion and stir in the curry powder. Cook, stirring, until the curry powder smells toasted, about 3 minutes.
3. Turn the heat down to medium, then stir in the garlic, ginger, and brown sugar. Cook until the garlic is softened, about 2 to 3 minutes. Now stir in the coconut milk, lime juice, hot pepper(s), and fish sauce. Bring to a boil, then turn the heat down to low and simmer the liquid for about 3 minutes.
4. At this point, stir in the salmon chunks, gently breaking up a couple of them into smaller flakes. Cover the pan and cook, still over low heat, for 4 minutes. Uncover, and stir in the peas. Continue to simmer until the peas are just cooked through (3 to 4 minutes for frozen, about 4 to 5 for fresh). Taste and add more fish sauce (or salt) to taste.
5. Serve the salmon and sauce over rice or rice noodles and sprinkle with chopped mint and cilantro to garnish.

Lemongrass Bars with Coconut Shortbread Crust

<https://www.bonappetit.com/recipe/lemongrass-bars-with-coconut-shortbread-crust>

Total Time 4 hours Servings 24

INGREDIENTS

Crust

- 1 1/2 cups all purpose flour
- 1 cup sweetened shredded coconut (about 3 ounces)
- 1/2 cup powdered sugar
- 1/2 cup plus 3 tablespoons unsalted butter, room temperature

Filling

- 1 1/4 cups sugar
- 2 lemongrass stalks, bottom 4 inches only, tough outer layer removed, finely chopped (scant 1/2 cup)
- 5 tablespoons fresh lemon juice
- 3 large eggs
- 1/4 cup all purpose flour
- Powdered sugar



DIRECTIONS

Crust

1. Preheat oven to 350°F. Butter 13x9x2-inch metal baking pan. Using electric mixer, beat flour, coconut, powdered sugar, and 1/2 teaspoon salt in large bowl until well blended, 30 seconds. Add butter; beat on low speed until moist clumps form. Press dough onto bottom and 1/2 inch up sides of pan. Bake crust
2. until golden (edges will be darker), about 25 minutes.

FILLING

1. Meanwhile, place sugar and lemongrass in processor; pulse until lemongrass is finely ground, about 1 minute. Add lemon juice; process until well blended, about 30 seconds. Add eggs; process to blend, 10 to 15 seconds. Add flour and pinch of salt; pulse until smooth.
2. Reduce oven temperature to 325°F. Pour filling over hot crust; bake until filling is firm, 22 to 23 minutes. Cool in pan on rack.
3. Cut lemongrass bars lengthwise into 4 strips, then crosswise into 6 pieces. Dust bars with powdered sugar and serve.

ADDITIONAL RECIPES

Lemongrass and Ginger Drink

<https://thesocialnomad.com/lemongrass-and-ginger-drink/>

Lemongrass Shortbread Cookies

<https://www.aspicyperspective.com/lemongrass-shortbread-cookies/>

Peach Lemongrass Sorbet

<https://www.cookingclarified.com/2013/09/how-to-make-sorbet-peach-lemongrass-sorbet/>

Beans with Peanuts Ginger-and-Lime (Ottolenghi)

<https://www.bonappetit.com/recipe/mixed-beans-with-peanuts-ginger-and-lime>

Himalayan Red Rice Pudding

<https://food52.com/recipes/10646-shangri-la-rice-pudding>



Coconut Broth Clams-with Lemongrass

<https://www.skinnytaste.com/coconut-broth-clams-with-lemongrass/>

Thai Style Limeade with Lemongrass and Lime Leaves

<https://thewanderlustkitchen.com/thai-style-limeade-with-lemongrass-and-lime-leaves/>

Chicken Satay

<https://www.thespruceeats.com/chicken-satay-recipe-3217478>

Vietnamese Lemongrass Chicken

<https://www.gimmesomeoven.com/vietnamese-lemongrass-chicken/>

Lemongrass Wings

<https://rasamalaysia.com/lemongrass-bbq-wings/>

Grilled Lemongrass Beef Skewers

<https://thecafesucrefarine.com/lemongrass-beef-skewers/>

Lemongrass Coconut Noodles with Shrimp

<https://www.gimmesomeoven.com/lemongrass-coconut-noodles-with-shrimp/>

Blueberry Lemongrass Pound Cake

<https://pastrychefonline.com/thai-inspired-blueberry-lemongrass-pound-cake-nancie-cake/#mv-creation-317-jtr>

SHARING RESULTS

Post a picture of your dish (huge success or epic fail!) on the library's social media (Facebook, Twitter and Instagram) [@maynardpubliclibrary](#) using [#maynardspiceclub](#).

We'll have a potluck buffet and discussion on Thursday, July 21 @ 7 pm (in person!) To see other food resources and register to receive email updates about kits and meetings, visit <https://www.maynardpubliclibrary.org/spice>. If you've registered for previous discussions, you don't need to register again.