



Cooking with Conshy Spice Packet

Ground Lemongrass

Lemongrass is a tropical grass that's cultivated for both its culinary and medicinal properties. Lemongrass grows in tall, hardy stalks that range in color from a greenish-brown at the top to pale green or yellow near the roots. Lemongrass is believed to be native to India and it is now cultivated commercially in parts of South America, Central America, Africa, Sri Lanka, and even England. Lemongrass has a strong lemon aroma and complex citrusy herbal flavor that is non-acidic. Lemongrass may be used in its fresh or dried form and is sometimes ground into a powder. Fresh lemongrass gives foods a more citrusy, bright and minty flavour, whereas dried lemongrass makes foods taste more woody. If you're cooking a stir-fry or curry, opt for fresh lemongrass. When used whole, the bark-like stems must be steeped in liquid, such as a soup or stew, to release its flavor. Lemongrass is a common ingredient in Asian cuisines, where it is often shredded or diced and used as flavoring agent for meat, poultry, seafood, or vegetables.

There are many different ways to use ground lemongrass in your cooking:

- Use it as an herbal tea
- Add it to a marinade to infuse flavor into your proteins
- Add to your favorite soups, sauces, or curries
- Fresh lemongrass can be chopped and added to salads
- Make lemongrass into a syrup for a twist on lemonade or sorbet
- Add it to your favorite drink; it's popular among mixologists who use it in artisan cocktails.

Recipe SUGGESTIONS:

Lemongrass Roasted Salmon

Author: Jess Smith **Prep Time:** 25 min **Cook Time:** 30 minutes **Total Time:** 55 min **Serves:** 4

This Thai salmon comes together fast and cooks at a low temp in lemongrass marinade for maximum flavor and perfectly cooked fish.

Ingredients

- 2 Tablespoons Dark Soy Sauce (see note)
- 1/4 cup Rice Vinegar
- 1 stalk Lemongrass, very finely sliced (1 tsp powder)
- 2 cloves Shallots, diced
- 1 teaspoon Fresh Ginger, grated
- 1 pound Salmon filets
- 2 Tablespoons Honey
- Chopped cilantro, for serving
- Rice and / or vegetables, for serving



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Lemongrass Roasted Salmon





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Directions

1. Combine dark soy sauce and rice vinegar. Measure out 1 Tbsp and set it aside for the glaze.
2. Whisk the remaining dark soy sauce and vinegar with lemongrass, shallots, and ginger.
3. Cut a few shallow slits through the thickest part of the salmon (this will help it to cook evenly and help the marinade to fully flavor the fish).
4. Combine the salmon and marinade in a baking dish and refrigerate for 20 minutes.
5. Preheat oven to 275° F.
6. If your salmon is skin-on, turn it so it is skin-side down in the baking dish. Spoon some of the marinade over the top.
7. Bake until salmon flakes easily with a fork and is opaque in the center, 25-35 minutes (will vary depending on thickness).
8. Meanwhile, make the glaze by whisking the remaining 1 Tbsp of dark soy sauce and vinegar with honey.
9. When the salmon is finished cooking, remove it from the oven and flip on the oven's broiler.
10. Season the top of the salmon with some salt and pepper. Run the salmon under the broiler for 1 to 2 minutes to give it a bit of color.
11. Drizzle the top of the salmon with the honey glaze. (I like the chewy texture of the sliced lemongrass, but you can scrape the lemongrass off if you'd prefer. It will still have all that great lemongrass flavor.)
12. Serve immediately topped with cilantro. Enjoy with rice and vegetables if you'd like.

Note: Dark soy sauce can be found in many standard grocery stores and certainly in any Asian or international market. It is not the same as sweet soy sauce. Dark soy sauce is a thicker, more flavorful version of regular soy sauce (which is what is usually served with sushi). Dark soy sauce makes great sauces and is used in many Thai noodle dishes.

Lemongrass Chicken with Rice and Zucchini

This Lemongrass Chicken with Rice and Zucchini is OMG-level good! Tender chicken thighs, sautéed and then simmered in a creamy coconut and lemongrass sauce, sits next to a steamy pile of jasmine rice, fresh herbs, and your choice of veg.

Author: Lindsay, Pinch of Yum **Total Time:** 35 min **Yield:** 4-6 servings

Ingredients

Chicken:

- 1 1/2 pounds boneless skinless chicken thighs
- 1 teaspoon paprika
- garlic powder, onion powder, salt, and pepper to taste
- olive oil





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Lemongrass Sauce:

- 3 cloves garlic, minced
- 1 jalapeno, ribs and seeds removed (optional), minced
- one 1-inch knob of ginger, grated or minced
- 2 tablespoons lemongrass or lemongrass paste (2 tsp powder)
- 1 tablespoon brown sugar
- one 14-ounce can unsweetened coconut cream (similar to coconut milk, but NOT the same as cream of coconut, which is sweetened!)
- juice and zest of one lime
- salt to taste

Instructions

1. Cook the chicken: Heat the oil in a large skillet over medium high heat. Add the chicken thighs, sprinkle with spices, and cook for 8-10 minutes until cooked through. Remove from pan. Once cooled, shred / pull into small bite-sized pieces.
2. Make the lemongrass sauce: Add the garlic, jalapeño, and ginger to the chicken pan (you don't have to wipe it out – save all those good flavors). Sauté until fragrant. Add the lemongrass and brown sugar; stir to combine. Add coconut cream and bring to a low, gentle simmer. Season with lime zest, lime juice, and salt.
3. Finish: Add chicken back in to the sauce. Stir in some fresh cilantro or basil just before serving. Serve over rice with any veggies that you like (see zucchini directions in the notes section). And now enjoy this amazing flavor moment.

Notes

- To make the zucchini: Cut two zucchini into coins, toss with olive oil and salt and pepper, and arrange in a layer on a baking sheet. Bake for 10-15 minutes at 450 degrees.
- For the chicken, I prefer it to be a little more roughly chopped rather than perfectly cut pieces, so I like to do a combination of shredding and then run my knife once or twice through the whole pile of shredded chicken.
- The amount of oil you use with the chicken as well as the length of time that you cook it will both affect the overall creaminess of the sauce. More oil in the pan = thinner sauce. I normally use about 1 tablespoon of oil with the sautéing of the chicken, and I let the chicken cook until it's very browned on the outside, leaving almost no oil left in the pan (just delicious browned bits stuck to the bottom, which get pulled up again when you build the sauce in the pan). The video here shows a little more oil and less cooking time for the chicken, resulting in a slightly more runny sauce. It's going to be delicious either way you go with the sauce because this flavor is so awesome.



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Cold Fighting Chicken Noodle Soup

Author: Chungah, DamnDelicious.net **Prep:** 20 minutes **Cook:** 30 minutes **Serves:** 4
The most soothing, comforting soup for flu season! So easy to make, you'll be feeling better in no time!

Ingredients

- 1 tablespoon olive oil
- 1 onion, diced
- 3 carrots, peeled and diced
- 2 ribs celery, diced
- 3 cloves garlic, minced
- 1 tablespoon freshly grated ginger
- 1 tablespoon minced lemongrass (1 tsp powder)
- 1 tablespoon chopped fresh thyme leaves
- 1 tablespoon chopped fresh rosemary
- 5 cups chicken stock
- 2 bay leaves
- 1 pound boneless, skinless chicken thighs
- ¾ cup ditalini pasta
- 3 tablespoons freshly squeezed lemon juice
- Kosher salt and freshly ground black pepper, to taste
- 2 tablespoons chopped fresh chives



Directions

1. Heat 1 tablespoon olive oil in a large stockpot or Dutch oven over medium heat. Add onion, carrots and celery. Cook, stirring occasionally, until tender, about 3-4 minutes.
2. Stir in garlic, ginger, lemongrass, thyme and rosemary until fragrant, about 1-2 minutes.
3. Stir in chicken stock, bay leaves and 1 cup water. Add chicken and bring to boil; reduce heat and simmer, covered, until the chicken is cooked through, about 10-12 minutes. Remove chicken and shred, using two forks; set aside.
4. Stir in pasta and cook until tender, about 8-10 minutes.
5. Stir in chicken and lemon juice; season with salt and pepper, to taste.
6. Serve immediately, garnished with chives, if desired.

Healthy Thai Salad with Lemongrass Dressing

Author: nutritioninthekitch.com **Yields:** 2 **Prep Time:** 20 min **Cook Time:** 5 min **Total Time:** 25 min

A delicious and healthy thai salad with a homemade lemongrass dressing. Gluten free, dairy free, plant-based, easily vegan, and so easy to make!



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Ingredients

- 1/2 block of Extra Firm Tofu, cut into 1/2 inch cubes (or sub for chicken or shrimp)
- 1 tablespoon coconut oil
- 1 tablespoon sweet chili sauce (optional)
- 1 cup cooked thick flat rice noodles
- 2 cups romaine lettuce, chopped
- 1 carrot, cut into matchstick pieces
- 1/2 cucumber, cut into matchstick pieces
- 1/2 cup cherry tomatoes, halved
- 1/2 cup pea shoots or bean sprouts
- 1 green onion, chopped
- 2 tablespoons chopped cilantro
- 1 tablespoon sesame seeds (optional, as a garnish)

Lemongrass Dressing:

- 1 clove garlic, minced
- 1 tablespoon fresh ginger, minced
- 2 tablespoons lemongrass, minced (2 tsp powder)
- 1 teaspoon chili flakes
- 1 tsp ground turmeric
- 4 tablespoons gluten free soy sauce or tamari
- 2 tablespoons fresh lime juice
- 1 tablespoon raw honey (or 1 tablespoon coconut palm sugar, for vegan)



Directions

1. In a small bowl combine all ingredients for the lemongrass dressing, whisk together and set aside.
2. Cook the rice noodles according to package instructions.
3. Once cooked, drain noodles in a colander and rinse under cold water until chilled, then transfer to a bowl.
4. Add 2 tablespoons of the dressing to the noodles and toss to coat, then set dressed noodles aside.
5. In a small bowl, toss tofu cubes with the coconut oil, sweet chili sauce, and 1 tablespoon of the dressing mixture.
6. Heat a non-stick pan over medium to high heat and add in tofu, then saute until browned and crispy on all sides, around 5-minutes.
7. Assemble the salad by dividing the romaine lettuce between two bowls and topping each with the dressed rice noodles.
8. Next, layer over the crispy tofu, carrot, tomato, cucumber, and sprouts, then drizzle with the dressing and sprinkle with the green onion, cilantro, and sesame seeds. Enjoy!

What did you make with your ground lemongrass? Post pictures on social media with #CookingWithConshy

