



# LEMONGRASS

Stems are chopped or pressed and add a lemony flavor to many dishes. Leaves and/or stems can be used to make a hot or cold tea drink. The plant also makes a beautiful ornamental plant for the landscape.

Asian Vegetable Guide:

<http://ucanr.org/u.cfm?id=50>



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## LEMONGRASS CHICKEN SOUP

Serves 6

### INGREDIENTS:

- 2 lb skinless chicken legs
- 4 lemongrass stalks, white and pale-yellow parts, smashed and chopped
- 4 green onions, halved crosswise
- 1 onion, halved
- 1 inch piece ginger, 1/2 thinly sliced and 1/2 cut into thin strips
- 1 fresh Thai or Serrano chile, seeded
- 1 teaspoon black peppercorns
- 10 cups water
- 5 stems fresh cilantro, plus 1/3 cup leaves
- 3 stems fresh mint, plus 1/4 cup thinly sliced leaves
- 1 tablespoon reduced sodium soy sauce
- 1 cup sliced mushrooms

### DIRECTIONS:

1. Place chicken, lemongrass, green onions, onion, sliced ginger, chile, peppercorns, and water in large pot. Cover; bring to boil then simmer 1 hour.
2. Add cilantro and mint stems; simmer 15 minutes then strain. Reserve broth and chicken; discard remaining solids.
3. Shred chicken; discard bones.
4. Combine chicken, ginger strips, cilantro leaves, sliced mint, soy sauce, and mushrooms in bowl.
5. Divide broth among bowls; serve with chicken mixture on the side.



### NUTRITION FACTS PER SERVING:

Calories 50 kcal; Total Fat 0.77 g; Saturated Fat 0.2 g; Cholesterol 14.7 mg; Sodium 113 mg;