

Seasonal Heroes

# LEMONGRASS

With its lemon tang and strong stem, all parts of lemongrass – from the root bulb to the tip of the leaves – can be used to add a citrus note to Thai curries, fish dishes and even herbal teas.

Look for lemongrass that has firm, pale green stalks with a bulbous base

Lemongrass will store well for several weeks loosely wrapped in the fridge

The most flavoursome part is at the lower end of the stalks

## Quick facts

- Lemongrass is a perennial plant, surviving through multiple growing seasons and living for years
- Younger plants produce sweet tropical citrus, while older plants are more fibrous and have less flavour
- It's available all year but the essential oils are the most fragrant during autumn

Seasonal Heroes

# LEMONGRASS

## Pork and Prawn Lollipops with Fresh Herb Noodle Bowl and Savoury Lemongrass Tea

### *Pork & Prawn Lollipops*

400g pork mince  
15g coriander leaves, chopped  
4 kaffir lime leaves, chopped  
1 red chilli, seeded & chopped  
200g raw prawn meat, 5mm diced  
1/2 tsp salt  
1/4 tsp pepper  
6 lemongrass stalks, trimmed & halved

### *Herb Noodle Bowl*

1 medium carrot, peeled & spiral cut  
1 small-medium daikon radish, peeled & finely sliced  
20g holy basil leaves

### *Pork & Prawn Lollipops*

Place pork, coriander, lime leaves and chilli into a food processor and process until mixture forms a coarse paste. Fold in prawn meat and season with salt and pepper. Mould 50g of mixture onto each lemongrass skewer to form lollipops. Brush with oil then cook on a medium-hot char grill, turning until brown and cooked through.

### *Herb Noodle Bowl*

Arrange salad ingredients into a noodle bowl.

### *Savoury Lemongrass Tea*

Place lemongrass, ginger, coriander and turmeric into a 1L clear glass teapot. Bring stock to the boil then season with salt and pepper. Pour half the stock into the teapot and allow to infuse for 3 minutes. Pour remaining boiling stock into teapot and pour over the herb bowl at the table.

*Serves 4*

20g Vietnamese mint leaves  
200g bean sprouts  
2 spring onions, trimmed & cut into 4cm lengths  
1 red chilli, seeded & cut into strips

### *Savoury Lemongrass Tea*

3 lemongrass stalks, base finely sliced, top lengths trimmed & split  
20g ginger, thinly sliced  
10g coriander sprigs  
10g fresh turmeric, peeled & thinly sliced  
1L chicken stock

### *To Serve*

120ml sweet chilli sauce



## Uses

Lemongrass is a leading ingredient in many Asian cuisines, pairing well with fish, seafood, meat and poultry. With numerous health benefiting essential oils, minerals and vitamins, it can also be a nutritious and tasty garnish on salads, remedial herbal tea or a flavour base to curries.

The perfect dish starts with the freshest ingredients. Bidfood Fresh provides quality, farm-fresh produce, hand-picked daily to ensure your menu is always bursting with flavour.

 Bidfood  
fresh

[bidfood.com.au/fresh](http://bidfood.com.au/fresh)