

## Lemongrass



### 4894 – PLU

#### Description/Taste

The narrow foliage of lemongrass ranges from blue green to gold, and the flowers are white, cream, or green depending on the plant's age. Generally, there will be more colors of purple and blue in the base of the plant closest to its root source. Younger lemongrass will display a sweet tropical citrus aroma reminiscent of natural fruit loops. The stalk and bulb will be tender to the touch and knife. The older the plant, the more fibrous and less flavorful.

#### Current Facts

Lemongrass, botanically known as *Cymbopogon citratus*, is a part of the Poaceae family and is a tall perennial grass. Lemongrass is native to Sri Lanka and South India and for centuries has been commonly used for therapeutic treatments. Lemongrass can be easily propagated and is commonly found and used as an essential oil.

#### Nutritional Value

Oil is extracted from lemongrass for its high vitamin A content. It is also used as an addition to teas and herbal soups. Its medicinal properties make it extensively useful in Ayurvedic medicine.

#### Applications

The distinctive herbal citrus flavor and aroma of lemongrass lends itself well to many Asian dishes such as curries, noodle soups and chili sauces. Infuse cooking liquids to steam shellfish such as mussels and clams or add to coconut milk for braising beef or pork. Bruise the tender stalks and infuse spirits to create cocktails flavored with cucumber, Kaffir lime or Thai basil.

# Addictive Fresh Lemongrass Tea

*Fresh lemongrass tea is easy to make and oh-so-addictive!*

Prep Time: 5 mins  
Cook Time: 10 mins  
Total Time: 15 mins

Course: Drinks  
Cuisine: Vietnamese

Servings: 8  
Author: The Wanderlust Kitchen

## Ingredients

- 4 cups water
- 2 cups roughly chopped lemongrass stalks
- 1/4 cup sugar
- Lime wheels for garnish (optional)



## Instructions:

1. Bring the water to a boil over high heat in a medium saucepan.
2. Add the lemongrass and boil rapidly for 5 minutes.
3. Reduce the heat to low and simmer the tea for an additional 5 minutes.
4. Strain the stalks from the liquid. Stir in the sugar until dissolved.
5. Serve warm, or chill in the refrigerator and pour over ice.