



LEMONGRASS CHICKEN

Vietnamese Style Chicken, Coated with Turmeric, In A Savory, Sweet, Tart & Fragrant Sauce

As I'm coming to the final dozen recipes of this book (not alphabetically, obviously), I realized that rather than sticking with the regular 'food bloggery' Asian food, ie: Chinese with a spattering of Thai... it'd be cool to branch to some not-so-common regional cuisine. So, welcome to Saigon. Rather than doing a typical Chinese lemongrass chicken recipe, I decided to take you on a trip to Vietnam. This dish uses lemongrass, which you may be able to find in your grocery store's produce department. If not, they also carry it pre-minced, in squeeze tubes. This dish is extremely flavorful, with a nice kick of savory flavors.

Servings Info.:

Yields: 6-1/4 cups
 Servings: 5
 Serving Size: 1-1/4 cup



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- last checked 11/23/22 -
 Use your mobile device's 'Camera' App to
 look at this code for nutritional info.

Ingredients:

Chicken:

- 2 pounds boneless skinless chicken breast, or chicken breast tenderloins, sliced into thin pieces.

Marinade:

- 1-1/2 tsp ground turmeric
- 1/4 tsp salt
- 1/4 tsp pepper
- 1/4 tsp baking soda, dissolved into 2 Tbsp water (just do it)
- 1 tsp reduced sodium soy sauce

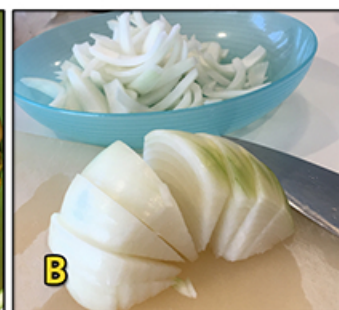
Sauce: (mix ingredients together, set aside)

- 3 Tbsp reduced sodium soy sauce
- 2 tsp 'dark' soy sauce
- 2-1/2 Tbsp asian 'fish sauce'
- 3 Tbsp 0 calorie brown sugar replacement
- 1 Tbsp rice vinegar
- 1 Tbsp lemon juice
- 1-1/2 tsp cornstarch, dissolved into 2 tsp water

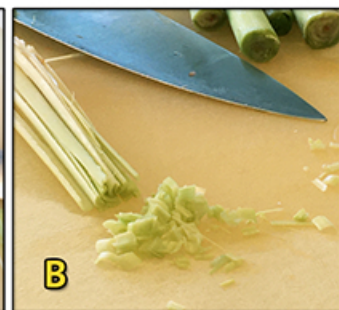
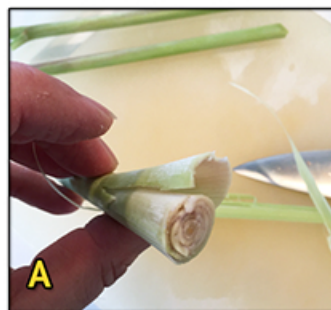
Additional Ingredients:

- 1 large onion, halved, sliced into thin wedges or strips
- 1 large red bell pepper, sliced into bite sized strips
- 4 Tbsp fresh lemongrass, minced (see pics 2A&B)
- 6 medium garlic cloves, minced (about 2 Tbsp)
- 1/3 cup fresh chopped cilantro, loosely packed

Directions:



1. **(A)** Mix together the chicken and marinade ingredients. Let rest for at least 1-2 hours. The longer it sits, the better. Then, mix the sauce together in a separate bowl. Set aside. **(B)** Slice the onion and bell pepper, set aside.



2. **(A)** Peel the firm outer layers of the lemongrass stalks, to expose the softer inner layers. **(B)** Slice the lemongrass, lengthwise, then mince. It'll take a few stalks to make 1/4 cup. Set aside.

3. Preheat a large pan or wok over high heat, for 1 minute.



4. (A) Spray hot pan with cooking spray then immediately add marinated chicken. Spread across the pan and cook, without moving or stirring, for 2 minutes. Toss chicken, then cook for 2 more minutes, or until just cooked through. Remove the chicken from pan, set aside. (B) Return pan to high heat, then add onions, bell peppers and lemongrass. Cook for 2 minute, then add garlic. Toss to combine and cook for 2 more minutes. (C) Return chicken to the pan, toss to combine, then pour in the sauce. (D) Continue to cook, tossing and mixing, till the sauce thickens and coats the veggies and chicken. Add the cilantro to, toss to combine. Done.

NOTES & SUGGESTIONS:

- **GLUTEN FREE:** If you have a Gluten intolerance, you can use 'Tamari' type Soy Sauce. It's available in all major super markets and walmarts. Also, cornstarch is gluten free, so you're good to go.
- **TURMERIC:** The reason we're using Turmeric in this dish, is for the signature yellow color which it'll help impart.
- **FISH SAUCE:** Is a common condiment in Asian cooking. It can be found at most all major grocery stores, in the Asian food aisle, near the soy sauce.
- **LEMONGRASS:** It is becoming more and more common to find lemongrass stalks in the produce departments of grocery stores. If you can't find fresh stalks, it may be available as a paste, in the produce department. "Gourmet Garden" sells squeeze bottles of fresh herb pastes, which can often be found at grocery stores and even at Walmart. If you go that route, check the points on the tubes, as it may alter your recipe's point value. If you want more instructions on how to prepare/chop lemongrass... there's a cool website on Al Gore's invention, the internet, called "Youtube". It's all the rage, nowadays.
- **LARGE FRYING PAN vs. WOK:** I'm using a large pan instead of a Wok, because most people don't have one. My recipes will always use common equipment in their preparations, to make the dishes as accessible as possible. Hence, why I also don't use an air fryer or grill. Not everyone has a grill, but everyone has an oven or toaster oven. Same with good ol' frying pans. Now, in the words of my Uncle... "Allez Cuisine!"

