
Delicious Lemongrass Pork Sticks

Description

My dad loves to cook too, and he came up with this recipe after developing a keen taste for Asian flavors like lemongrass, cilantro and fish sauce. You can pan grill/sear this without skewering them, but for best results, you'll need to barbeque!

Total time: 45 min Yield: 4 Servings

Ingredients

2 Tbsp finely chopped lemongrass (bottom, inner part only; outer layers removed)
2 Tbsp minced garlic
2 Tbsp minced shallot
1 Thai bird or local chili pepper (chopped)
2 cilantro roots
2 Tbsp Asian fish sauce
2 Tbsp honey or brown sugar
2 Tbsp shoyu
1 lb pork tenderloin (cut into long ¼" thin strips)
15 BBQ skewers (soaked in water for 30 minutes)

Prep Time: 45 min Total Time: 45 min

Instructions

In a mortar, pound lemongrass, garlic, shallots, chili pepper and cilantro root to a thick paste (if you don't have a mortar, you can also use a mini processor). Add fish sauce, honey and shoyu. Marinate meat in the sauce for at least 4 hours or up to 1 day.

If using wooden skewers, pre-soak them in water for at least 30 minutes to avoid burning them on the grill. Skewer the meat and grill on medium heat until thoroughly cooked and nicely charred.

Recipe brought to you by:

Chef Michi Holland

Source:

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