
Lemongrass Chicken

Description

Enjoy Chef Michi's easy to make Southeast Asian Lemongrass Chicken today.

Yield: 4 Servings

Ingredients

2 lb chicken thighs (boneless, skinless, sliced into 2" pieces)
2 stalks lemongrass (white part only, outer skin removed)
2 medium garlic cloves
2 asian shallots (or 1/4 cup white onion, finely minced)
1 Hawaiian chili pepper (optional)
2 Tbsp fish sauce
3 Tbsp sweet chili sauce
1 Tbsp lime juice
1 Tbsp water
1 Tbsp sesame oil
2 tsp canola, peanut or coconut oil
1 medium white onion (sliced thin, julienned)
4 stalks green onion (sliced into 2" pieces, use green parts only)
garlic salt
black pepper

Cooking Time: 1 hr

Instructions

Start by slicing the chicken thighs into bite-size slivers. Put the sliced chicken into a glass or nonreactive bowl and refrigerate until ready to mix in the marinade.

To make the chicken marinade, you'll want to use a blender or mini processor. Fresh lemongrass stalks should be trimmed of most of the stem, since the majority of the flavor is in the bulb and lower stalk. Peel off the outer layers and finely slice the tender inner portion. Put the trimmed lemongrass along with garlic, shallots, chili pepper, fish sauce, sweet chili sauce, lime juice, water and sesame oil into the processor. Pulse until a thin paste forms. Toss with the chicken and let marinate in your refrigerator for a ½ hour minimum.

Heat a large skillet or wok on medium high and add the cooking oil. Sauté the chicken for two minutes, stirring constantly, then add the sliced white onion. Continue stirring until the chicken is cooked and looks golden brown, then add the green onion and season with a touch of garlic salt and black pepper to

taste. Try serving with Jasmine brown rice. It has all the benefits of whole grain and adds to the herbal notes of the chicken. Enjoy!

Recipe brought to you by:

Chef Michi Holland

Source:

Chef Michi Watari