

CALLING ALL FOODIES!

The "MCL Spice of the Month Club" is a monthly "take-and-make" kit featuring a variety of unique spices, herbs, or blends. Included in each kit will be information about the featured spice, its history and fun facts, two simple recipe suggestions, and a small packet of the featured spice with enough for two recipes.

Once you have created your culinary masterpiece at home, we'd love you to share photos of your successes (and fails), opinions, tips, and love (or not) of the spice of the month on the Library's

Facebook page using:

@MukwonagoLibrary.

You can always email your pictures and thoughts to us at

info@mukwonagolibrary.org

Spice of the Month Kits are free, but supplies are limited. Please, only one kit per household.



MUKWONAGO
COMMUNITY LIBRARY

511 Division Street
Mukwonago, WI 53149
(262) 363-6411

www.mukwonagolibrary.org



SPICE *Of the Month* CLUB



Lemongrass

Native to India and Sri Lanka, lemongrass is a culinary herb produced from the stalk of the lemongrass plant (*Cymbopogon citratus*). The plant grows in many tropical climates, most notably in Southeast Asia, but can now be found all over the world.

Lemongrass can be used fresh, dried, or in the form of powder, and represents an integral part of Asian cuisine. With its lemony, ginger-like taste, lemongrass perfectly complements dishes made of meat, fish, and seafood. It is also used for the preparation of soups, marinades and sauces, especially in Thai and Vietnamese dishes.

Lemongrass has also been used as an herbal medicine for at least five thousand years. It has the same essential oil as lemons and it is often used in herbal teas to give a lemon flavor. The oil possesses analgesic, anti-depressant, anti-microbial, antiseptic, astringent, bactericidal, deodorant, diuretic, fungicidal, and insecticidal properties

FUN FACTS

- A Malaysian folktale states that you will always find treasure under a lemongrass plant that is blooming (*lemongrass plants rarely bloom.*)
- Lemongrass is widely known for its ability to repel mosquitoes
- The plant has traditionally been used during religious rites for purification, prosperity, and memory loss. Its scent is believed to drive away negative energy and bring professional success.

Malaysian Spice Chicken



Prep and cook time: 25 min. Marinate time: 2-3 hours
Servings: 4

INGREDIENTS

- 2 chicken breasts (sliced)
- 2 teaspoons turmeric powder
- 2 teaspoons cumin powder
- 1/2 teaspoons fennel seeds (powder)
- 1/2 teaspoons lemongrass powder
- 1 teaspoons coriander powder
- salt (to taste)
- 2 teaspoons sugar
- Oil (You can add 1 tablespoon of oil to keep the chicken breast moist)
- 3 kaffir lime leaves

DIRECTIONS

1. In a bowl, marinate the chicken slices with all the ingredients except the lime leaves for few hours.
2. In a heated wok, add in some oil. Stir-fry the chicken for a minute, add in the Kaffir lime leaves, stir-fry until chicken is cooked. Dish out and serve.

TIPS

1. Try serving with sweet and acidic mango salad and a simple side of rice. Or alternately, yogurt-dressed baby greens.

Malaysian Spice Chicken Recipe Source

www.yummly.com/recipe/Spice-Chicken-1785154

Umami Sliders with Thai Broccoli Slaw



Prep and cook time: 35 mins.
Servings: 12

These sliders produce a wonderful sensation on the tongue because they hit the sweet-salty-spicy-and meaty taste buds! The mayo has a "brightness" to it because of the lemongrass and the broccoli slaw adds a delightful crunch.

INGREDIENTS

- 2 pounds fresh, lean hamburger
- 12 slider buns or Hawaiian mini rolls
- 6 pieces of thick hardwood smoked bacon
- 2 tablespoons chili paste (divided)
- 2 tablespoons brown sugar
- 2 teaspoons wasabi (divided)
- 1 teaspoon lemongrass powder
- 1/4 cup mayo (divided)
- 1 package of broccoli slaw
- 2 tablespoons rice wine vinegar
- 1 teaspoon agave or sugar (optional)

DIRECTIONS

1. Cook bacon on paper towels in the microwave for 3 minutes. (Bacon will not be brown). Pat dry bacon, and transfer to a wire rack.
2. Mix 2 tablespoons brown sugar and 2 tablespoons chili paste. Spread over the bacon. Bake in a 400-degree oven for 5-7 minutes or until golden brown.
3. Divide beef into 12 burgers. Cook until the desired doneness. Drain burgers on paper towels.
4. To make the mayo: combine 2 tbsp. mayo with 1 teaspoon wasabi and 1 teaspoon lemongrass.
5. To make the slaw: into the remaining mayo add the rice wine vinegar and remaining chili paste, and toss the broccoli slaw. Season with salt and pepper and add agave or sugar if you desire a sweeter slaw.
6. To assemble the burgers: spread a little of the mayo on the bottom bun, then top with the burger and bacon and then top with a scant tablespoon of the slaw. Don't go overboard with the slaw. Spread a little mayo on the top bun as well.
7. Enjoy!

Umami Sliders with Thai Broccoli Slaw

www.food52.com/recipes/15267