



Nutritious, Delicious, Wisconsin!

## LEMONGRASS TAUJ DUB



Lemongrass leaves



Lemongrass

Lemongrass stalks



### HMooB Varieties

- Red Lemongrass, Tauj Dub Liab
- Green Lemongrass, Tauj Dub

## TASTE & TRADITION



**Lemongrass** has a bright distinct citrusy smell aroma and a refreshing, clean flavor. The stalks and leaves are tough and fibrous, so they're usually removed after cooking. You can dry and bundle the leaves or freeze them to use later. In HMooB cooking, Lemongrass stalks/leaves are used in herbal teas, larb/laab, stocks, broths, and or marinades to enhance the aroma and flavor of a dish.

## RECIPE

### HMooB Boiled Chicken and Lemongrass Soup (Qaib Hau Nrog Tauj Dub)



#### Directions

1. Fill a pot with enough water to cover the chicken and bring it to a boil.
2. Add the chicken (whole or cut) and lemongrass to the pot.
3. Simmer until the chicken is almost fully cooked.
4. If using a whole chicken, remove it from the broth, cut it into pieces, and return it to the pot.
5. Season with salt and black pepper. Add herbs or tofu if you'd love.
6. When the chicken is fully cooked, ladle the broth into bowls.
7. Serve with steamed rice on the side or mix rice directly into the soup for a comforting, flavorful meal.

#### Ingredients

- 1 whole chicken
- 1 lemongrass stalk or 2 bundles of lemongrass leaves
- Water
- Salt
- Black pepper
- Optional: herbs or tofu



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