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Try something new such as lemongrass

Well, you learn something new every day. I was doing a little research about lemongrass and learned that the alternative name is citronella!

Who would have guessed that plant that tastes so good is also the source of the oil that deters bugs? The oil is also used to make perfume, to perfume soaps and other "girly" bath products and to add scent to industrial cleaners. What a versatile little plant!

Lemongrass is a perennial herb that is widely used in Thai cooking. When you buy it in the grocery store, it is a great big long stick that looks kind of dry and tired. However, don't fret—that is what it is supposed to look like! Peel off the outer couple of layers of husk (kind of similar to corn husks), then, you want to use the bottom couple of inches of the plant in your cooking. The top portion gets discarded (or used in a soup for flavouring).

Whole pieces of lemongrass can be crushed with a knife, then used to make tea or flavour any number of dishes. Some dishes call for the lemongrass to be chopped and added—just be sure to mince it up really fine, otherwise you will find it tough and disagreeable in your dish.

Dried lemongrass and lemongrass powder are available in some stores, but they are nothing like using the real thing! If you do buy some fresh lemongrass, it can be easy and effectively frozen, so don't worry about

Lori Gysel & Gerry Kentner



buying a bit more than you need this time!

Recently a girlfriend told me that I could grow my own lemongrass by cutting off the bottom end of the stick and placing it in a glass of water until it sprouted roots. So I did. And sure enough a few weeks later, there were roots coming out the bottom. Now, my husband has got the stick with roots planted in a pot. I have no idea how it will or if it will grow. Time will tell.

Shortly after I got started with the rooting process at home, my girlfriend dropped by with a pot of lemongrass she had bought at a local nursery. But this lemongrass looks more like grass—perhaps with a lemon flavour, rather than the large, tough sticks that I am used to. So, we planted that one as well and we'll just wait and see what happens to them.

Have fun and keep cooking!

Lori and Gerry can be reached at whatscookin@independentfreepress.com



Japanese Cucumber Salad

Ingredients

- 3 English cucumbers
- fresh mint
- fresh cilantro

Method

Wash 3 English cucumbers and slice thinly lengthwise with a mandolin or potato peeler. Place on a plate and spread out. Sprinkle with some ripped up fresh mint, cilantro and drizzle generously with ginger and rice wine dressing.

Ginger and Rice Wine Dressing

Ingredients

- 6 tbsp. olive oil
- 1 tsp. sea salt
- 3 tbsp rice wine vinegar
- 1 tsp sugar
- freshly ground black pepper
- dash of soy sauce
- 1 tsp sugar
- 1 large thumb sized piece of ginger, peeled and grated
- 1 stick of lemon grass, outer leaves removed; inner leaves finely chopped

Method

Whisk all ingredients together.

Please recycle this newspaper

FUTURE SHOP
CORRECTION NOTICE
Wii Rock Band Special Edition 10103776 / 10103795. Please note in the June 20th flyer on page 2 of the popout, the Wii Rock Band is street-dated for June 22nd release. This date was not communicated in flyer. We sincerely apologize for any inconvenience this may have caused our valued customers.

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