

Cooking up Culture



Vietnamese Spicy Lemongrass Chicken (Gà Xào Sả Ớt)
by Yen Bui



“This is a classic fast and easy-to-make, one-pot dish, very common in Vietnam. Almost every house in Vietnam has a wok to use for cooking this dish.

“Vietnamese spices and condiments such as fresh chilli, ginger, lemongrass, garlic, shallots and fish sauce are commonly used in Vietnamese cuisine. Ginger and lemongrass are two of the best food ingredients for digestion aid and have anti-inflammatory properties.

“My mum used to cook this on rainy days. The fragrant smell of sauté shallots, garlic, ginger and lemongrass always makes us feel hungry and brings back childhood memories. Together with hot and colourful red chilli this is a nice dish on rainy cold days.”

Ingredients

500g chicken thigh cut into bit-sized pieces

1 teaspoon salt

2 teaspoons sugar

1/3 teaspoon chicken stock powder

4 tablespoons neutral cooking oil

3 tablespoons shallots minced

1 tablespoon garlic minced

4-5 tablespoons lemongrass minced

1 tablespoon ginger minced

2 tablespoons fish sauce

1 tablespoon sambal

½ cup water

Garnish optional

½ medium onion cut into slivers

1 red chili cut to slices

Method

Serves 4

Marinade: Combine chicken, salt, sugar, chicken stock powder and marinate for 15 minutes.

In a pan, over medium-high heat, add oil and shallots, sauté until light brown. Add the garlic and sauté until light brown. Add lemongrass, ginger and stir until fragrant. Add the chicken and brown it a little.

Lower to medium heat, add fish sauce, sambal and water. Stir to mix, taste and adjust as necessary, then cover with a lid. After about 5 minutes, stir, retaste and re-season if necessary.

Add the garnish about 1-2 minutes before the chicken finishes cooking to soften a bit. The dish is done once the chicken reaches an internal temp of 75°C, or until the centre of the chicken is no longer pink.

Serve with a side of rice and salad or cucumber and tomato.

*This recipe is modified from
www.hungryhuy.com/vietnamese-lemongrass-chicken*