

HAUTE NOSH

COOKING LEMONGRASS CHICKEN WITH CHEF KIMMY TANG OF 9021PHO



Cooking Class with Chef Kimmy

Chef Kimmy Tang led a fabulously delicious cooking class using lemongrass as the key ingredient in an intimate, outdoor setting during an early evening at 9021Pho last week in Westlake Village, California. From making fresh spring rolls, to cooking veggie fried rice, and chicken, her vibrant energy infused the air, as well as the food. Chef Kimmy's cooking class demonstrates how simple it is to make flavor packed creations that are healthy for you.



Fresh lemongrass

Chef Kimmy, originally from Saigon grew up watching her family chef create Vietnamese dishes. She shared some background on lemongrass and Asian cuisine. Chef Kimmy explained that lemongrass is an antioxidant with healing properties. Raised with traditional Eastern medicine practices, Chef Kimmy's mother boiled lemon grass stalks to drink as tea to naturally rid any sickness she had. Lemongrass has a mild lemon flavor and scent, and more sweet than sour.

The 9021Pho Asian fusion menu created by Chef Kimmy integrates fresh ingredients, fresh vegetables, and lean meats, for healthy cooking. During class she took volunteers to help out with each dish. A few participants rolled fresh spring rolls or made veggie brown fried rice, while I learned how to make the chicken lemongrass shown in the picture! The chicken also included carrots, snow peas, and onions, and a sauce mixture. Chef Kimmy suggested adding the types and amount of veggies I desired into the mix. Catch this **YouTube video** of me making several attempts and finally succeeding in flipping the chicken over in the pan with Chef Kimmy's guidance. Don't mind the background sound!



Click image for video on learning to

make lemongrass chicken

Of course, my favorite part about the night was eating the food. The food tasted absolutely fresh and scrumptious! Chef Kimmy agreed to share her simple Lemongrass Grass recipe that includes a special sauce. The lemongrass adds such a fresh flavor, I plan to include it as a staple ingredient at home!

Find out about Chef Kimmy and 9021Pho at www.9021Pho.com. In the near future, keep your eye out for a featured on the talented Chef Kimmy, her passion to help children locally and nationally, and 9021Pho expansion plans.



Waiting patiently for class to begin



Chef Kimmy showing a close up of spring roll wrappers.



Fresh spring rolls with peanut sauce



Veggie Fried Rice with Lemongrass

This pictured lemongrass chicken dish was made by yours truly and Chef Kimmy Tang.

Lemongrass Chicken

Author: Chef Kimmy via HauteNosh.com

Cuisine: Asian Fusion

Prep time: 10 mins

Cook time: 10 mins

Total time: 20 mins

Serves: 4

A fresh and easy chicken recipe packed with flavor and healthy! To make it a meal add a side of brown rice.

Ingredients

- 16oz sliced chicken breast
- 8oz snap peas
- 4oz diamond cut onion
- 2oz carrot
- 1 tsp fine chopped lemongrass
- ½ tsp cooking oil
- Sauce:
- 2 Tbsp soy sauce
- 2 Tbsp fish sauce
- 2 Tbsp sugar or honey
- 4 Tbsp water

Instructions

1. Preheat wok with high heat, when wok become hot add oil, then add chicken breast quickly stir-fried for about a minute
2. Add snap peas, carrot and onions, stir it frequently about 2 minutes then pull all the sauce cook until sauce become thick
3. Serve hot with rice.