



Ingredients, Alternatives, Adaptations & Equipment

Cook & Eat Asia

Vietnamese Lemongrass Pork Skewers

200g minced pork
6 lemon grass sticks
2 spring onions, finely sliced
2 cloves garlic, finely grated
2 tsp cornflour
1 tbsp fish sauce
½ tsp soft brown sugar
1 tbsp vegetable oil
1 lime

Dressing

1 tbsp Sriracha chilli sauce
Small clove garlic, finely grated
Pinch of soft brown sugar
1 tbsp water

Burmese Chicken Curry

4 chicken thighs (about 300g)
1 medium onion
3 cloves garlic
1 cm piece of root ginger
2 strips lemon peel
1-2 red chillis or to taste
2 tsp fish sauce
1 tsp ground turmeric
30g pack coriander leaves
2 cardamom pods
1 tbsp oil

Alternative & Adaptations

Minced chicken or turkey can be used instead of pork
If you can't get lemongrass, use the rind of ½ lemon and make meatballs or koftas.
Use chives or very finely chopped onion instead of spring onion.
Use Kikoman, gluten free, liquid aminos or a light soya sauce instead of fish sauce.
Use sweet chilli sauce with tomato ketchup if Sriracha is too hot.

Alternatives & Adaptations

Chicken can be either bone in or bone out.
Use Kikoman, gluten free, liquid aminos or a light soya sauce instead of fish sauce.
Use flat leaf parsley if you don't like coriander.
Chilli powder, flakes, sauce or paste if no fresh chilli.
Garam masala if no cardamom

Asian Fragrant Rice (Gomashio)

120g jasmine or short grain rice
200ml water
1 tbsp black onion seeds or sesame seed
½ tsp salt

Alternatives & Adaptations

Basmati rice can be used instead of fragrant
Black onion seeds are also called nigella seed.
Black or white sesame seed could also used.

Equipment

Chopping board
Knife
Microwavable dish
Kitchen paper
grater with a fine grating side
mixing bowl
baking sheet
tin foil
small bowl for dressing.
Blender or food processor
Medium frying pan or sautee pan with a lid
Mortar & pestle (not essential if you don't have one)
Small pot with a lid