



HERBS FOR THAI CUISINE

Coriander

Annual

Coriander is a versatile herb, with both the annual seeds and mildly sweet and spicy leaves used in Asian dishes. The leaves look like parsley, but have their own distinctive taste and smell. Coriander is a tasty addition to stirfries, laksa soup and Thai salads.

The leaves should be harvested regularly, at any time during the growing period. The seeds can be harvested when they are ready to drop. The longer the seeds are stored the more fragrant they become. The seeds and leaves are great additions to curries and rice dishes and the seeds can be used whole or ground in pickles, poultry and meat dishes.

Plant Coriander in a sunny position, sheltered from winds. Replant successively to ensure continuous cropping.

Vietnamese Mint

Biennial

Vietnamese Mint is a low growing, vigorous mint that enjoys a damp position and shade. Pots can be planted with the roots partly submerged in water, as a water plant.

Vietnamese Mint is identified with Asian cuisine, the leaves commonly eaten fresh in salads, raw in spring rolls, as a garnish or shredded in laksa soup.

The leaves have a coriander-like aroma when rubbed, while the taste is strong and minty with a peppery after taste.

Lemon Grass

Perennial

Lemon Grass is an easy to grow perennial that is dormant in cold areas in winter. It enjoys a sunny position and well drained soil. In ideal growing conditions it will grow to 1m tall.

The light lemon flavour is a distinctive addition to Thai and Vietnamese dishes or as a tea.

The entire stalk of the grass can be used, with the grass blade sliced very finely and added to soup. The bulb can be pounded lightly with a kitchen mallet and minced.

To harvest, pull the blade up firmly, close to the root end and snap it off. It is best picked just before it is used. In frosty areas, lift the lemon grass clump in autumn and place in a pot which is kept in a warm sheltered position.

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