

# Forgotten Asian Herb That Can Change Your Cooking



## The Lemongrass Cookbook: A Forgotten Asian Herb That Can Change Your Cooking by BookSumo Press

★★★★☆ 4.4 out of 5

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Every now and then, an ingredient fades from culinary memory, only to be rediscovered years later. It's like a treasure long forgotten, waiting to be unearthed. Such an ingredient is the Asian herb **perilla**, an ancient leaf with a rich history in traditional cooking.

Perilla, often called shiso in Japan or gokka in Korea, has been a staple in Asian cuisine for centuries. Its distinctive, slightly minty leaves add a layer of complexity to dishes that many modern herbs simply cannot match. But over time, perilla's popularity waned, replaced by more common herbs like basil and cilantro.

## Rediscovering the Magic of Perilla

In recent years, however, there has been a resurgence of interest in forgotten ingredients like perilla. Chefs and home cooks alike are rediscovering the herb's unique flavor and versatility, using it to add a touch of the exotic to their dishes.

So, what makes perilla so special? It's all about the flavor. Perilla leaves have a complex flavor profile that is both herbaceous and slightly minty, with hints of anise and cinnamon. This unique combination makes perilla a versatile herb that can be used both as a garnish and a seasoning.

Perilla pairs particularly well with Asian flavors. It's often used in Japanese and Korean cuisine to add a refreshing brightness to dishes like sashimi, tempura, and bibimbap. But it's not just limited to Asian cooking. Perilla can also be used in Western dishes to add a touch of exoticism to salads, soups, and grilled meats.

### **Culinary Uses of Perilla**

Perilla leaves can be used fresh or dried. Fresh perilla leaves are most commonly used as a garnish or added to dishes at the end of cooking. Dried perilla leaves are more intense in flavor and can be used as a seasoning. Here are a few ways to incorporate perilla into your cooking:

- Add perilla leaves to your favorite salads for a refreshing twist.
- Use perilla as a garnish for soups, stews, and curries.
- Stir-fry perilla leaves with vegetables or meats.
- Make a perilla pesto by blending perilla leaves with olive oil, pine nuts, and Parmesan cheese.

- Add dried perilla leaves to spice rubs for grilled meats.

## Growing Your Own Perilla

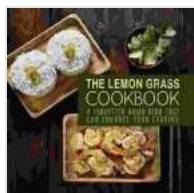
If you're inspired to try perilla in your own cooking, you can easily grow it at home. Perilla plants are easy to grow in most climates and prefer full sun to partial shade. They can be started from seed or cuttings and will grow quickly, reaching maturity in about 60 days.

Once your perilla plants are established, you can harvest the leaves throughout the growing season. Simply snip off the leaves as needed and use them fresh or dry them for later use.

Perilla is a forgotten Asian herb that is making a well-deserved comeback in the culinary world. With its unique flavor profile and versatility, perilla is an ingredient that can transform your cooking and add a touch of the exotic to any dish. So next time you're looking for a new herb to experiment with, give perilla a try. You won't be disappointed.

Here are some bonus recipe ideas to get you started:

- Perilla Ponzu Dressing Recipe
- Perilla Leaf Kimchi Ssamjang Wrap
- Easy Japanese Cucumber Salad (Sunomono)



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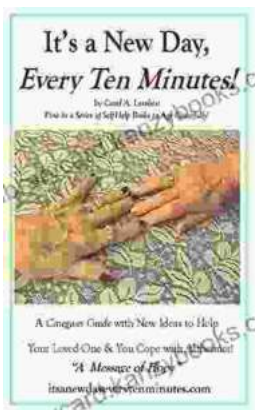
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