

- Preparation Time: 5 minutes
- Cooking Time: 10 minutes
- Total Time: 15 minutes
- Intensity Level: Easy (Beginner)
- Flavor Profile: Light, citrusy, floral, with a clean finish

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Ingredients

- 4 stalks fresh lemongrass (or 4 tablespoons dried lemongrass)

- 3 cups water (750 ml)
- Honey, jaggery, or sugar to taste (optional, but recommended to balance the tartness)
- Optional additions: a thin slice of fresh ginger, a few mint leaves, or a squeeze of lime

Equipment

- Small saucepan
 - Sharp knife or kitchen scissors
 - Strainer
 - Teapot or mugs
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Instructions

Step 1: Prepare the Lemongrass (5 minutes)

Begin by preparing the lemongrass stalks. Cut off the woody root base and the tough, dry upper leaves. You only want the tender, pale yellow-white inner core of the stalk. Peel away any dry outer layers. Using the back of your knife or a heavy spoon, gently bruise (smash) the stalks. This crucial step cracks the fibers and releases the essential oils that give

lemongrass its signature fragrance . If using fresh leaves rather than stalks, simply rinse and chop them into 4-centimeter lengths .

Step 2: Bring to a Boil (Intensity: High)

Pour the water into a small saucepan and bring it to a rolling boil over high heat. Once boiling, add the bruised lemongrass stalks. If you are using ginger or mint, add them now so they can infuse alongside the lemongrass.

Step 3: Simmer and Infuse (Intensity: Low to Medium)

Reduce the heat to low, cover the pan with a lid, and let the tea simmer gently. The intensity here should be a soft, steady simmer—not a violent boil, which can evaporate too much liquid and make the tea bitter. Allow it to simmer for 5 to 8 minutes . The water should turn a pale yellow, and your kitchen will fill with a bright, lemony scent.

Timing Note: If you prefer a stronger, more medicinal brew, you can extend the simmering time to 10 minutes . For a lighter, more delicate cup, stick to the 5-minute mark.

Step 4: Steep Off-Heat (Intensity: Passive)

Turn off the heat but do not remove the lid immediately. Let the lemongrass steep in the hot water for an additional 5 minutes off the heat . This passive infusion extracts the remaining flavor without over-boiling the plant matter.

Step 5: Strain and Serve

Strain the tea through a fine-mesh sieve into your teapot or directly into mugs. If you are using honey, stir it in now while the tea is still hot so it dissolves completely . If using jaggery or sugar, add it during the boiling phase in Step 2 if you prefer a deeper, caramelized note.

Serve hot. For an iced version, let the tea cool to room temperature and then refrigerate for at least an hour before pouring over ice .

Nutritional Information

Note: The following nutrition facts are based on one serving (1 cup) of unsweetened lemongrass tea. Adding honey or sugar will increase the calorie and carbohydrate content.

Nutrient	Amount per Serving (1 cup)	% Daily Value*
Calories	11 kcal	1%
Protein	0.5 g	1%
Carbohydrates	2.3 g	1%
Dietary Fiber	0.48 g	2%
Fat	0.09 g	0%
Cholesterol	0 mg	0%
Sodium	0.5 mg	0%
Potassium	54.2 mg	2%
Calcium	19.9 mg	2%
Iron	1.8 mg	9%
Vitamin C	2.2 mg	3%
Vitamin A	121.5 mcg	12%
Folic Acid (B9)	14.2 mcg	5%