

# Traditional Hmong

## **Kua Txob — Hot Dipping Sauce**

Recipe from Chef Yia Vang

### Ingredients

- ½ c. *zaub txhwb* (coriander leaves—also called cilantro)<sup>1</sup>
- 2 or 3 *kua txob Thai* (Thai chili peppers seeded and chopped fine or include the seeds and crush with mortar and pestle)
- *qej* (garlic clove)
- *ntsev* (salt to taste)
- *txiv kua maj naus* (lime juice to taste)
- 2 T. *naab npas*



All prepared dishes and photographs courtesy of Kristina Her.

### Instructions

- Place chili peppers, garlic, and salt in a mortar and pestle to release oil and flavors. Pound to a paste.
- Scrape the paste into a bowl. Add lime juice, fish sauce, and chopped cilantro. Mix well and serve with meats.

## **Tshuaj Hmoob Hau Nqaij Qaib — Boiled Chicken Soup with Hmong Herbs**

Recipe from Tong Vang

### Ingredients

- 1 *nqaij qaib* (chicken)
- 2 to 3 stalks *tauj dub* (lemongrass)
- Hmong herbs *tshuaj rog* (Okinawa spinach), *tab kib liab* (white mugwort), *ncas liab* (Southeast Asian herb), *zaj tshua ntuag* (Southeast Asian herb)<sup>2</sup>
- *fwj txob* and *ntsev* (black pepper and salt to taste)



### Instructions

- After cleaning a freshly killed chicken, fill a big pot with water to cover the chicken. Or, if preferred, use packaged chicken from the store.
- Add lemongrass stalks to your liking and bring to a boil until the chicken is cooked.
- Skim the foam from the pot with a straining spoon.
- Add Hmong herbs.
- Add black pepper and salt.

## ***Nqaij Tsawg Xyaw Nrog Zaub Ntsuab* — Simmer Pork with Mustard Greens**

*Recipe from Chef Yia Vang*

### **Ingredients**

- *nqaij npua* (pork—various cuts depending on preference)
- *qhiav* (ginger to taste)
- *tauj dub* (lemongrass to taste)
- *zaub nstuab* (mustard greens)
- *mov* (rice)
- *kua txob Thai*b (Thai chili peppers to taste)



### **Instructions**

- Place pork cuts in large pot and cover with water (about 8 cups).
- Add ginger and lemongrass and bring to a boil.
- Skim the foam from the pot with a straining spoon.
- Let stew for three to four hours, (adding mustard greens near the end.)<sup>3</sup>
- Pour over a bowl of rice.
- Add Thai chili peppers (optional)

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### **NOTES**

1. *Hmong Recipe Cook Book* (South St. Paul: New Citizen's Hmong Garden Projects, First Presbyterian Church, 1986), 13, <https://fliphtml5.com/ncee/bxhq/basic>. The leaves and stems of a coriander plant are called cilantro. The plant produces coriander seeds after flowering; More often than not, Hmong cooks are inclined to prepare foods according to taste or tradition rather than using precise measurements. Measurements here have been added using the *Hmong Recipe*

*Cook Book*; Joanne P. Ikeda, "Hmong American Food Practices, Customs, and Holidays," in *Ethnic and Regional Food Practices: A Series* (Chicago: The American Dietetic Association, 1991).

2. Some Hmong herbs from Southeast Asia do not have an equivalent English word.

3. *Hmong Recipe Cook Book*, 23. The cookbook suggests using 1¾ pound mustard greens and adding them to the pot about ten to fifteen minutes before serving.