

Green Thai Curry

Broth (Serves 1)

Green Curry Paste	2 Tablespoons
Coconut Milk	1 Cup
Vegetable Oil	1 Tablespoon
Palm Sugar	½ Teaspoon
Fish Sauce	½ Tablespoon

Vegetables

Thai Eggplant	1, Chopped into 0.5cm thickness
Thai Pea Eggplant	Small Bunch, Approx 6
Basil	½ Cup
Red Chilli	¼ Stalk, Cut Diagonally

Meat

Chicken	Quantity as per your liking, thinly sliced
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Start by heating the vegetable in the fry pan and adding the green curry paste. Stir this until it's dissolved and becomes fragrant.

Add ¼ cup of the coconut milk and dissolve the paste again, and bring to the boil – approximately 1 minute. Repeat, using ¼ cup of the coconut milk, letting it boil, and then repeat the process twice more until all the milk is used.

Add the chicken to the broth but do not stir – let the heat of the broth seal the chicken flesh. Flip the chicken; again don't stir until the flesh is completely sealed.

Taste the broth, adding more water if the curry is too thick or coconut milk if too spicy.

Add vegetables to the broth, submerging them into the broth, and reduce the heat – stirring occasionally. Vegetables are cooked when you can easily cut through the flesh of the eggplant – you want this to be soft.

Add palm sugar and fish sauce to the broth and stir until melted.

Garnish with red chili and basil leaves.

Serve with jasmine rice.

Green Curry Paste

Fresh Thai Green Chilli (Small)	15-20, Whole
Fresh Thai Green Chilli (Large)	2 Chopped
Lemongrass	3 Tablespoons
Skin of Kaffir Lime	¼ Teaspoon, Chopped Finely
Coriander Root	1 Teaspoon
Garlic	9 Medium Cloves, Chopped
Shallots	2 Medium Shallots, Chopped
Fresh Turmeric	1 Teaspoon
Coriander Seed	1 Teaspoon
Cumin Seed	½ Teaspoon
Black Peppercorns	10-15 Peppercorns, Whole
Shrimp Paste	1 Teaspoon
Salt	2 Teaspoons

Note: 15 for mild, 20 for spicy

Note: Slice until the purple ring in the lemongrass disappears then use a second stalk.

Note: MUST be Kaffir Lime

Note: Use the root rather than the leaves

Note: 10 for mild, 15 for spicy

Start by dry roasting the coriander seeds, cumin seeds and black peppercorns in a hot fry pan until fragrant, and then remove from heat. Ground the spices with a mortar and pestle until fine.

Prepare all other spices as per the above.

There are two options for preparing the paste:

1) Blender/Food Processor/Thermomix

Add all ingredients to your processor of choice and compact into the bottom of the device. You will need to add a liquid to assist with the blending – you can opt for coconut milk or water. Pour in enough liquid to come up to about 1/3 of the level of spices. Blend until smooth.

2) Mortar and Pestle

Add all ingredients to the bowl and grind these down until a combined, smooth paste forms. This can take up to half an hour to achieve the right consistency.

Shelf Life:

- If you used coconut milk in the blending option, the paste will last two weeks in an airtight container in the freezer.
- If you used water in the blending option, the paste will last four weeks in an airtight container in the freezer.
- If you ground the spices using a mortar and pestle, the paste will last three months in a jar in the refrigerator.

