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

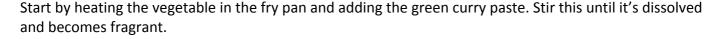
Basil ½ Cup

Red Chilli ¼ Stalk, Cut Diagonally

Meat

Chicken Quantity as per your liking, thinly

sliced



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

Note: 15 for mild, 20 for spicy Fresh Thai Green Chilli (Small) 15-20, Whole

Fresh Thai Green Chilli (Large) 2 Chopped

Note: Slice until the purple ring in the 3 Tablespoons Lemongrass

lemongrass disappears then use a

Note: 10 for mild, 15 for spicy

second stalk.

Note: MUST be Kaffir Lime Skin of Kaffir Lime ¼ Teaspoon, Chopped Finely

Note: Use the root rather than the Coriander Root 1 Teaspoon

leaves

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 Salt 2 Teaspoons

1 Teaspoon

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.



