



Thai Green Curry

Non Vegetarian or Vegetarian

From Chef Yao - Thailand



Green Curry Chicken

Ingredients (for 1 portion)

Chicken Breast 150 g
Baby Eggplant .2 pcs.
Red Chili ½pc
Kafir Lime Leaf 2 pcs
Vegetable Oil 30 ml.
Green Curry Paste 35 ml
Coconut Milk .200 ml
Sugar 1 tsp
Fish Sauce 10 ml
Sweet Basil Leaves 12 pcs

Green Curry Paste

Cumin Seed ½ tsp.
Black Pepper 10 pcs.
Coriander Seed 1 tsp
Kafir Lime Fruit 1 pc.
Green Chili .60 g
Galangal .5 g.
Garlic 4 cloves
Lemongrass ½ pc
Coriander Root 2 pcs
Shallot 60 g
Shrimp Paste 1 tsp
Sweet Basil Leaves 15 pcs.

Optional : Coconut milk – 75ml

Instructions

1. Cut chicken and eggplants into bite-size and put eggplants in water to prevent them from turning dark
2. Chop red chili into thin slices and remove veins from kafir lime leaves
3. Put oil in a pot and stir-fry green curry paste until fragrant
4. Add coconut milk and bring to boil. Add chicken, sugar and fish sauce. Cook for 5 minutes over low heat
5. Add eggplants and reheat to boiling. Simmer for 2 minutes
6. Add kafir lime leaves, sweet basil leaves and red chili. Simmer for one more minutes.
7. Serve with rice

Method for Green Curry Paste:

1. Roast cumin seed, black pepper and coriander seed until fragrant
2. Pound all ingredients using a pestle and mortar or food processor until mixture becomes smooth paste