



Onions, garlic, peas, basil, potatoes, & carrots

Thai Green Curry

A great way to use a variety of vegetables. To make the recipe easier, use purchased green curry paste.

Green Curry Paste:

- 1 stalk lemongrass, sliced finely (see instructions below)
- 2 tsp. ground coriander (or grind whole coriander seeds a coffee grinder)
- 3 Tbs. vegetarian or regular fish sauce (or substitute soy sauce)
- 1 tsp brown sugar (optional)
- 1-3 green chile peppers, remove seeds (adjust according to desired spiciness)
- 1 small onion
- 2 cloves garlic
- 1 thumb-size piece galangal root (or ginger), peeled and sliced
- 2-3 kaffir lime leaves (fresh, frozen, or dried), cut into thin strips
- 1 cup loosely packed fresh cilantro (coriander), leaves and stems
- 1½ tsp. soy sauce
- Small amount of coconut milk (use from curry recipe below)

Place all paste ingredients in a food processor or blender. Add a little of the coconut milk (enough to keep the blades going). Process well.

Curry:

- 3 Tbs. oil for frying
- 2-3 Tbs. green curry paste (more to taste)
- 2-3 kaffir lime leaves
- 1 can coconut milk
- 1 package firm tofu cut into bite-size pieces OR 1 package wheat gluten "chicken" cutlets
- 1 red bell pepper
- 1 small potato, cubed
- 2 medium carrots, cut into ¼ inch thick rounds
- ½ cup sweet peas
- 1 cup basil, roughly chopped

Preparation:

- 1) Heat oil wok or deep frying pan over medium heat. Add curry paste and stir fry until fragrant (about 1 minute). Add coconut milk and stir to mix well.
- 2) Add tofu (or wheat gluten) and stir until well coated.
- 3) Add kaffir lime leaves and cover. Turn the heat down to medium-low and allow to simmer, stirring occasionally for about 10 minutes.

- 4) Add bell pepper, potato, and carrot. Cover and cook another 10 minutes, till vegetables are tender.
- 5) Add sweet peas, stir, and continue cooking for 2-4 minutes, till warmed through.
- 6) Do a taste test for salt and spice. If not salty enough, add fish sauce or soy sauce. If too salty, add a little fresh lime juice. If too spicy, add more coconut milk until desired mildness is reached.
- 7) Serve over steamed rice and top with chopped fresh basil.