

Online Cookery Class – Thai Green Curry

Equipment Required

Sharp Knife	Jam jar
Chopping board	Microplane/ sharp grater
Food processor/ blender	Scales
Large Saucepan	Measuring jug
Medium saucepan	Tablespoon
Small frying pan	Teaspoon
1 medium bowl	Stirring spatula

Serves 2

Ingredients

200g raw prawns	½ tbsp cumin seeds
3 spring onions	1 tbsp coriander seeds
Handful spinach	½ tsp peppercorns
1 sweet potato	2 tablespoons Coconut oil (or vegetable oil)
1 big handful kale	2 tsp fish sauce
2 lemongrass stalks	2 tins (400ml) coconut milk
4 green chillies (just the ones you find in the supermarket are fine)	4 kaffir lime leaves
1 lime	1 tbsp fish sauce
6 shallots (equal to about ½ cup)	Handful peanuts (or cashews)
5 cloves garlic	150g Rice (2 people)
1 ½ tbsp galangal (if you can't find fresh jarred is still delicious)	Optional: 1 tbsp desiccated coconut to garnish
1 large bunch coriander	Optional: Sugar
	Salt and pepper

Recipe – Thai Green Curry Paste

½ tbsp cumin seeds
1 tbsp coriander seeds
½ tsp peppercorns
2 lemongrass stalks
6 shallots (equal to about ½ cup)
5 cloves garlic
1 ½ tbsp galangal (if you can't find fresh jarred is still delicious)
1 large bunch coriander (just the stems)
4 green chillies (just the ones you find in the supermarket are fine)
1 lime
2 tablespoons Coconut oil (or vegetable oil)
2 tsp fish sauce
1 tbsp salt
Handful spinach

1. In a dry frying pan over a medium heat, toast the cumin coriander and peppercorns until crackling and fragrant. Set aside to cool.
2. Thinly slice the lemongrass, shallots, garlic, galangal and coriander stalks and deseed and thinly slice the chillies.
3. Zest and juice a lime.
4. Add all ingredients to the bowl of a food processor and process until a paste.
5. Will store in the fridge for 3 weeks or frozen for a year. I tend to freeze in an ice cube tray before bagging up and so the paste is ready portioned out.

Recipe – Thai Green Curry

3 tbsp homemade thai green curry paste
1 tin (400ml) coconut milk
4 kaffir lime leaves
1 sweet potato
1 big handful kale
200g raw prawns
1 tbsp fish sauce
Sugar (optional)

1. Add the thick cream from a tin of coconut milk to the pan over a medium heat
2. Add 3 tbsp of the green curry paste to the cream and cook for 5mins until fragrant
3. Add the kaffir leaves, sweet potato and coconut water from the tin (keep the tin handy as we may want to top up with some water)
4. Add the prawns after 3mins and cook until warmed through.
5. Taste for seasoning and use the fish sauce for salt and sugar to help reduce spice if needed.

Recipe – Coconut Rice

150g Rice (2 people)
200ml Coconut milk (from a tin)
100ml water
Good pinch of salt

Optional: 1 tbsp desiccated coconut to garnish

1. Wash rice well
2. Place rice in a saucepan with the coconut milk and enough water to cover the rice by the same depth.
3. Place on a high heat with the lid on. Bring to the boil and then let simmer until all the water has gone (tip pan to see).
4. Leave to sit with lid on for at least 10 mins. Fluff up with a fork and serve.
5. Toast the desiccated coconut in a frying pan over a medium heat until starting to turn golden and top the rice to serve.