

Yellow Thai Chicken Vegetable Curry

Serves 4 people as a meal with rice
or 6 if served with other items.

Ingredients:

1 to 6 Red Chilies de-seeded and cut into small pieces
2 shallots cut up
2 garlic cloves
1 small red onion cut up into small pieces
2 lemongrass stalks cut up
2.5 cm or 1" turmeric root it is best if you can buy it fresh but if you cannot you can use about 2 Tsp of the spice.
8 kaffir lime leaves cut up in small pieces
4 Tablespoons fish sauce use a Vietnamese or Thai fish sauce if possible.
1 circle palm sugar or about 1/2 a cup of sugar (you can adjust according to what you want)
2 Tablespoons Vegetable oil.
Can of Coconut milk
500 grams chicken breast cut in small pieces (if you want to do the vegetable or vegan version you can eliminate this)
2 potatoes cut into small pieces
2 carrots cut into small pieces
1 large eggplant or 2 small egg plants cut into small pieces.
1 heaping tsp sea salt
2 cups of water
1/2 cup chopped peanuts (optional)
Fresh Thai Basil to serve (optional)

Directions:

Pound together the red chilies, shallots, red onion, lemongrass, turmeric root, kaffir leaves, and garlic until very small and in very small pieces.

Then add in 2 Tablespoons fish sauce and pound together. The mixture must be really pounded as fine as possible.

Put 2 Tablespoons oil in a pan and then brown the pounded curry mixture by frying it about 5 to 6 minutes or until it starting to become a golden brown color.

Then add the coconut milk and allow the mixture to simmer for a few minutes

Add the palm sugar and allow it to dissolve with the mixture.

Add the chicken and allow the chicken to simmer until fully cooked. (For vegetable or vegan versions you can skip this)

Then add the potatoes and carrots and allow them to cook.

Add 1 heaping teaspoon of salt to the mixture. Add 1 cup of water to the mixture.

Allow the potatoes, chicken, carrots, and the curry mixture to simmer. You need to simmer for about 20 to 25 minutes or until carrots and potatoes are soft. The amount of time will depend on how long it takes to cook the carrots and potatoes.

Then add the eggplant and have it cook for about 10 minutes. We then added another cup of water. Depending on how long it takes for your vegetable to cook you may or may not need this.

Allow them all to simmer and cook together. Curry is something you can simmer and cook together for a while.

I like peanuts in my yellow curry so at the end I will add 1/2 cup chopped peanuts. If you are doing the vegetable version the peanuts are a great source for protein. Peanuts are optional and it depends if you like them or do not like them in your curry.

if you can then add some fresh Thai Basil at the very end to serve.

We serve our curry with brown rice.