

Thai Green Curry with Chicken

Swick

Serves 1 | Active Time: 1 hour 30 minutes | Total Time: 1 hour 30 minutes

Chef's Notes

This paste will keep in the refrigerator for a few days; however, it will oxidize and change color, but the flavor won't be affected. To maintain its color, it can be frozen for a few months.

Thai pea eggplants are commonly used in this dish, however, they can be difficult to find. They are small, light-green in color and have a slight bitter taste and crisp texture. Over ripe eggplants become very bitter and tough.

Vegetarian Version:

To make this paste vegetarian, simply substitute the shrimp paste with vegetarian fish sauce or soy sauce. Substitute the chicken with more vegetables.

Making the Green Curry Paste

To make the green curry paste, first prepare your mise en place. Finely mince the lemongrass, galangal, garlic, shallots, coriander root and the chilies.

Peel and mince the turmeric. Keep in mind that it will stain your cutting board, hands, and anything it comes into contact with. Gather the makrut lime, shrimp paste and Thai basil and set aside.

In a small fry pan, toast the coriander and cumin seeds until they release their aroma and start to brown slightly.

To make the paste, use a mortar and pestle. Grind the spices, peppercorns and salt into a fine powder.

Next, add the lemongrass and pound until you reach a smooth paste, scraping down the sides as needed. Add the galangal, followed by the turmeric, making sure each is fully incorporated before adding the next. Add the garlic, cilantro stems, chilies and shallots.

Zest and add the makrut lime, followed by the shrimp paste. Finely chop the basil and add it to the mortar and pestle, pounding everything into a smooth paste. Set the paste aside while you prepare the rest of your mise en place.

Step 1: Making the Green Curry Paste

- 3 tbsp lemongrass
- 1 tsp galangal
- 1 tbsp garlic
- 2 tbsp shallots
- 2 tbsp coriander root (can substitute with cilantro stems)
- 5 hot, Thai green chilies
- 5 long green chilies
- 1 tsp fresh turmeric (can substitute with 1 teaspoon dried)
- 1 makrut lime
- 3/4 tsp shrimp paste
- 1 cup Thai sweet basil
- 1 tsp coriander seeds
- 1/2 tsp cumin seeds
- 1/2 tsp black peppercorns
- 1 tsp kosher salt

Preparing Your Mise en Place

To prepare your mise en place, first chiffonade the makrut lime leaves. Chop the eggplant into bite-size pieces.

Next, separate the thick coconut cream from the coconut milk. Measure out the fish sauce and palm sugar.

Slice the chicken breast into thin, bite-size pieces. Lastly, de-stem and measure out the Thai basil.

Step 2: Preparing Your Mise en Place

- 1 to 2 makrut lime leaves
- 1/2 cup Thai green eggplants
- 1/2 cup baby purple eggplants
- 1 cup thick coconut cream
- 1 cup coconut milk
- 1 to 2 tbsp fish sauce
- 1 to 2 tbsp palm sugar
- 2 single chicken breasts
- 1/2 to 1 cup Thai basil

Cooking the Dish

To cook the curry, heat a wok over medium-high heat. Once hot, add the coconut cream. Stir frequently and cook the cream until the coconut oil separates. This should take about 5-10 minutes.

Once the oil separates, add about 3 to 5 tablespoons of the green curry paste. The amount you use will depend on how hot you like your curry. If using a store-bought paste, keep in mind that they are usually spicier. Fry this for a minute or two, until it is very fragrant and you start to see the oil again. Add the chicken and coat with the paste. Flatten it out slightly and let cook for a minute or so. Stir and continue to cook until it just starts to turn white on the outside.

Next, add the coconut milk, followed by the eggplant. Fold everything together and let simmer for about 5 minutes or until the eggplant has softened slightly.

Turn the heat down to medium-low and add the palm sugar, fish sauce, makrut lime and half of the Thai basil. Stir to combine and let simmer for another 2 minutes before adding the remaining basil and frozen peas.

Lastly, turn off the heat and let sit for a few minutes before serving. Garnish with a sprig of Thai basil, and serve with Pandan-infused jasmine rice.

Step 3: Cooking the Dish

- 3 to 5 tbsp Thai Green Curry Paste
(above)
- 1/3 cup frozen peas