



Cooking Instructions

Chicken Green Curry

Larder Essentials

Chicken (125g per person),
Coriander leaves,
Jasmine Rice.

Optional

Vegetables (e.g. carrot, courgette, baby sweetcorn)

Optional Garnish

Basil leaves,
Red chillies.

Kit Contents

Sachets of Green Curry paste, Fish sauce, Palm Sugar, Lime leaves, coconut cream, creamed coconut block.

Introduction

The weight of chicken per person in the shopping list is only a guide as I tend to use 2 thighs or 1 breast per person but I do get them from my local butcher as they tend to be bigger and better. I use chicken thighs for slicing and chicken breasts for cutting into cubes.

Once you have seasoned the curry according to the instructions below, the final timing for when the curry is ready just depends on when the chicken is cooked. Test the largest piece of chicken by cutting in half to check it is cooked.

Preparation

1. Fold lime leaves in half and pull out the stem. Put into a pile and slice them thinly.
2. Remove any skin/bone from chicken portions and cut into similar size slices or cubes.
3. Mix coconut cream with 50ml of water per person to make coconut milk.
4. Measure out (use the packet quantity advice as a guide) and wash the rice.

Optional Garnish: Pick a few basil leaves. Slice the fresh red chillies in half lengthways and de-seed without removing from the stalk.

Optional Vegetables: Sliced carrots or courgettes or baby sweetcorn.

Method

1. Start cooking the rice.
2. Moderately heat 3 dessert spoons of cooking oil in a pan, add the green curry paste and stir gently so it does not stick or burn.
3. After about 5 minutes, add chicken pieces with any vegetables that need a long cook, half the coconut milk and bring to a boil for a minute then reduce to a simmer.
4. Add the rest of the coconut milk, coconut block, sliced lime leaves and enough water to create a loose sauce and simmer for 5 minutes.
5. Season the curry for saltiness and sweetness.
 - 5.1. Salt test. Add a teaspoon of fish sauce, stir and taste. Repeat using less fish sauce each time until you get a hint of saltiness.
 - 5.2. Sweet test. Add about a quarter of a teaspoon of palm sugar, stir and taste. Repeat until you get a hint of sweetness.
6. Add more water, if necessary, to keep the sauce loose but not watery.
7. Check the biggest piece of chicken to see if its cooked and if cooking vegetables like carrots, prod them with a knife to make sure they are cooked.
8. Stir in a few coriander leaves and transfer the curry to a serving bowl.
9. Serve with rice and garnish the curry with a few basil leaves and sliced red chillies.