



KAREE CURRY WITH CHICKEN

Preparation Time: 20 minutes

Cooking Time: 15 minutes

Ingredients

Curry paste

4 Dried Chillies soaked for 10 minutes, and cut into 2in pieces
White peppercorns - 1tsp
Cumin seeds - 1tsp
Coriander seeds - 1tsp
Cinnamon stick
Galangal - 1in piece finely chopped
Ginger - 1in piece finely chopped
Thai Ginger - 1in piece finely chopped
Lemongrass - 2in piece finely chopped
Shallots - 3 diced
Garlic - 10 dried cloves
Yellow Curry Powder - 1tbsp
Shrimp Paste

Main dish

Carrot - 1 cut into rounds
Potato - 1 cut into 6
Coconut Milk - 250ml
Chicken - 1 small breast
Cup of water
Long Bean - 3 cut into 2in pieces
White onion - half, cut into quarters
Salt
Sugar
Red Chilli

Cooking Instructions:

Curry Paste

1. Put soaked chillies in mortar and macerate with pestle
2. Add hard, dried goods - white peppercorns, cumin seeds, coriander and cinnamon - pound together
3. Add galangal, lemongrass, ginger and thai ginger - continue to grind into paste
4. Add shallots and garlic
5. Add yellow curry powder
6. Add shrimp paste - mix in well
7. Mix until smooth paste
8. Set aside

Main dish

1. Par boil carrot and potato for 10 minutes - drain and set aside
2. Turn on gas on low heat, add 1tbsp of oil and heat
3. Add 1 tbsp curry paste to the pan and cook until smells good
4. Add 1 tbsp of coconut milk and mix together
5. Slowly add remaining coconut milk
6. Bring to the boil
7. Add chicken and cook until white and firm to the touch
8. Add the potato and carrot and add a cup of water
9. Add long beans and onions
10. Cook until onions are soft and transparent
11. Add salt and sugar to taste
12. Turn off gas
13. Serve in a bowl garnished with sliced red chilli and long bean slices