

# SPICE WORLD

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## THAI YELLOW CURRY



# WHAT'S IN THE KIT?

In each spice kit, you will receive all the spices and unusual pantry items to make this particular dish. Please tag us on Facebook and/or Instagram with pictures of your recipes or email them to us at [info@acplwy.org](mailto:info@acplwy.org).

This kit includes:

- Yellow curry powder
- Thai chilis
- Coriander
- Cumin
- Turmeric

You will need:

- 3 shallots or 1 large onion, plus 1 small onion
- 6 cloves garlic
- 1 stalk lemongrass
- 3-inch piece fresh ginger
- 2 tsp salt, plus more to taste\*
- 1 can coconut milk
- 4-5 medium yellow potatoes
- 2-3 carrots
- Assorted other veggies (optional)\*\*
- Protein of choice (1 lb. chicken, pork or beef, or 1 package tofu)

\*If you wish, you can substitute salt for shrimp paste or fish sauce for a more authentic flavor

\*\*baby carrots, bell peppers, cauliflower, or broccoli all work great



# A BRIEF HISTORY...

Curry dishes are eaten all across Asia and in places with an Asian diaspora. In the US and Europe, the word *curry* usually refers to a sauce containing a mixture of various spices.

Curry dishes (*kaeng*) are an important cornerstone in Thai cuisine. Curry pastes are the base of most curry dishes and consist of blended spices, garlic, ginger, and shrimp paste. By adding ingredients or tweaking the ratio, you can achieve different styles of curry paste, such as green, red, or massaman curry varieties. Yellow curry gets its distinctive color and flavor from turmeric, a bright yellow root that is dried and ground to make a powder.



Various forms of curries are popular across Thailand and all over the world

Turmeric is what gives yellow curry its distinctive color. Turmeric has been cultivated for centuries.



# RECIPE

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## Curry Paste:

**Note:** This recipe makes enough for 2 curry dishes (8 servings total). It freezes wonderfully and can be stored in the freezer for 3-4 months, or you can halve the curry paste ingredients.

## Ingredients:

- 5-10 small red chilis (5 for milder curry, 10 for medium)
- 1 tbsp whole coriander seeds
- 2 tsp salt
- 3 shallots or 1 large onion, quartered
- 6 cloves garlic, peeled
- 3 inch piece of fresh ginger, peeled
- 1 stalk lemongrass
- 2 tbsp curry powder
- 1 tsp turmeric
- 1 tsp cumin
- 3/4 cup water

## Instructions:

1. Soften the chilis in a bowl with hot water for 3 minutes. Drain.
2. Optional: Toast the whole coriander seeds in a dry pan for a few minutes until fragrant.
3. Trim the root end and touch outer leaves of the lemongrass stalk.
4. In a food processor add all of the ingredients and 3/4 cup water. Purée until a smooth paste forms.

# RECIPE

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## Yellow Curry

### Ingredients

- 1 tbsp oil
- 1 small onion, sliced
- Half curry paste recipe (see above)
- Protein of choice (chicken, beef, pork, or tofu), cut into bite-sized pieces
- Potatoes, cut into bite-sized pieces
- Carrots, cut into bite-sized pieces
- 1 can coconut milk
- Salt and pepper to taste

### Instructions:

1. Heat the oil in a large pot or pan over medium heat.
2. Cook protein 4-5 minutes or until outside is cooked.
3. Add sliced onion to the oil and saute until softened.
4. Add curry paste and cook until very fragrant
5. Add potatoes, carrots, other veggies to pot and stir to coat.
6. Add coconut milk and simmer for 20-30 minutes, covered, or until the chicken and potatoes are fully cooked. You can add 1/4-1/2 cup water for a thinner consistency if you desire.
7. Add salt and pepper to taste. If you want it even spicer you can add cayenne pepper or red pepper flakes to taste
8. Serve over rice.