

RED THAI COCONUT MILK CURRY WITH OKRA AND MUSSELS

I fell for Thai cuisine after one of the visits in Thai restaurant in London. Then I visited Thailand myself and the coconut milk became a must have in my cupboard ever since. Below recipe is one of the variations of the Thai curry. It is very flexible and takes 15-20mins to prepare. You can use different types of vegetables or meat/fish/seafood or use green paste instead of red, which will give you green curry ;) The core of this dish is the paste (the fragrant spicing) and of course the coconut milk. Serves 3-4



Ingredients:

- 2-3 tbsp. of red curry paste (home-made preferable, see the recipe below)
- 1-2 stalks of lemon grass
- A handful of **okra** washed and sliced into approx. 1cm pieces (optional; okra is been used in Indian curries mainly , but works very well here too)
- Lime juice of 1/5 lime
- Two **bok choy**; stems separated from leaves and chopped in 1.5cm chunks, leaves sliced
- ½ courgette (optional)
- Packet of mix of sugar snaps and baby corn (cut baby corn into chunks)
- Handful of cherry tomatoes, halved
- 175-200g package of cooked mussels (or... cooked prawns or 1-2 diced organic chicken breasts)
- 1 can of organic coconut milk
- 100ml of organic **vegetable stock or bullion** or 3 tbsp. of fish sauce (optional)
- Small bunch of coriander finely chopped
- Sea salt
- 2 tbsp. of coconut oil or butter, or any oil of a high smoke point
- Basmati and wild rice, 75g per person

Red curry paste:

- 1-2 red chili finely chopped, depending how hot you like it (green chilli for green curry, but careful, green chili tend to be more hot than red one)
- 2 cloves of garlic chopped or pressed
- 1 tsp. of fresh finely chopped ginger
- 2-3 cardamom pods
- 1 tbsp. of green curry leaves (optional)
- 1 tsp. of mustard seeds (if you use pestle and mortar; optional)
- 3-4 caffir dry lime leaves
- Juice of ½ lime

If you have a pestle & mortar or a small food processor, pop all the ingredients into it and work it until everything combined and formed a thick paste. If you don't have any of these, just mix all well, chopping before everything as finely as you can.

Start off with putting the water to boil for rice. While rice is cooking you'll have enough time to finish your dish. Check for package instructions on how to cook rice.

Heat the oil in a deep frying pan or wok. Throw your paste in and stir. Add okra and fry for 2 minutes. If you're using chicken, this is the time to add it to the pan as well. Add a bit of stock or coconut milk to prevent the curry paste and added ingredients from burning. After another couple of minutes add lemon grass, bok choy stems and courgette. Cook on medium heat for 5 minutes and then add the rest of coconut milk. Next add the baby corn and sugar snaps. Stir and taste. Add salt or fish sauce or stock if necessary and lime juice. Cook for further 5 minutes. Then add cherry tomatoes and mussels. Leave it to cook for another 3-4mins after which the curry should be ready. Vegetables shouldn't be too soft and should remain crunchy. Stir in some coriander before serving.

Serve in a bowl on top of rice or with rice on the side.

Tip.

Other vegies that go very well with this curry are green beans, bell peppers, broccoli and spinach instead of bok choy.

