



RECIPE

GAENG KIEW WAN / GREEN CURRY BY DUANG



Cooking time:
25-30 minutes

Serves:
4 people

Ingredients

- 400ml coconut milk (light coconut milk)
- 1-2 tbsp green curry paste (*see over on how to make from scratch*)
- ½ to 1 tbsp coconut or raw sugar (option to reduce or remove)
- 200 grams chicken thigh or breast, sliced (or tofu, diced)
- 1 medium eggplant, cut into cubes
- 1 medium carrot - chopped
- Handful of snow or snap peas, trimmed
- 1 red capsicum
- 5 baby corns

Method

- **Heat coconut milk** slowly until fragrant, add curry paste and stir well.
- **Add chicken or tofu**, stir to coat with curry mixture until cooked.
- **Add vegetables**, bring back to a boil and cook until desired doneness. Turn off the heat.
- **Taste the curry.** Season with fish sauce or soy sauce for additional saltiness.
- **Add chopped Thai basil**, or regular basil and serve with rice.



www.cch.org.au/feast-of-cultures

Green Curry Paste

Make your own green curry paste instead of using a premade paste for a fresher, more authentic flavor. This recipe makes enough paste for several meals. It stores well in the fridge for future use.

Dry Ingredients

- 1 tbsp cumin seeds
- 1 tbsp coriander seeds
- 1 tbsp white peppercorns

Preparation

Toast the dry ingredients in a dry frying pan over medium heat for a few minutes, until fragrant and the seeds begin to pop.

Other Ingredients

- 2-3 cloves garlic
- 3 shallots, sliced
- 1 makrut lime zest, or 2 makrut lime leaves, thinly sliced
- 1 heaped tbsp. thinly sliced galangal
- 1 or 2 coriander roots, sliced*
- 1 lemongrass, soft white part only, thinly sliced
- 1 – 2 green chilies – seeds removed

- 1 tbsp shrimp paste, or miso paste (optional)
 - Handful of basil, chilli or capsicum leaves (can substitute watercress or spinach for color)
- * *Coriander roots: the root part of a fresh coriander plant*

Method

- **In a mortar and pestle or food processor**, crush the 3 dry ingredients. If grinding by hand, add a little salt to help crush the seeds.
- **Add remaining ingredients** and process until paste is smooth. If the food processor does not adequately crush the spices, add a little bit of water to help it blend into a fine paste.



What is green curry? Gaeng Kiew Wan

Gaeng = curry **Kiew** = green (green from hot green chilies and leaves) **Wan** = sweet

This dish is designed to be hot and semi-sweet. It originated in the central part of Thailand where foods are often sweeter than the same in other parts.

Feast of Cultures brings multicultural community members together to share stories, celebrate culture, and connect over a meal.



These recipes have been generously compiled and provided by people of multicultural background living in and around Mt. Alexander Shire.

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