

THAI RED CURRY WITH SEAFOOD

serves 4

INGREDIENTS:

Salmon or Tuna or Prawns 800g
Red curry paste 60g
Vegetable Oil 2tbsp
Coconut cream 1L (use UHT if you can find it over tinned)
Red onion ½ large, diced
Red capsicum 1 large, diced
Medium carrot 1, peeled and thinly sliced
Green beans 100g, stalks removed, cut in thirds
Tomato 1 large diced
Kaffir lime leaves 8
Fish sauce 100ml
Brown sugar 100g
Coriander 1 bunch leaves picked
Fresh lime 1, cut in quarters

DIRECTIONS:

Place 50g of red curry paste and 20ml of Vegetable oil into wok or medium size pot on low heat and slowly fry for 5 min, use a wooden spoon to stir for even frying.

Take the remaining red curry paste and rub into prawns or fish, cover evenly and refrigerate till needed.

Pour the coconut cream into the wok and stir with spoon to mix into fried curry paste and continue to cook on med to low heat.

Allow the sauce to slowly simmer and reduce, while this is happening prepare the vegetables as described above and keep ready to add to the curry sauce when needed.

Once the red curry sauce has reduced by a third in volume and thickened (20min approx), add the Kaffir lime leaves, brown sugar, and fish sauce.

At this point turn the heat up to high and add the vegetables to the sauce and cook for 3 minutes.

In a separate pan heat a drizzle of oil at medium to high heat and fry the prawns or fish on both sides for 2 minutes each, season with a little salt.

Alternatively serve the curry into 4 bowls and rinse the wok first, then fry in wok instead.

Once the seafood is cooked, place on top of the curry. Garnish with fresh coriander and the lime.

Serve with rice, and pair with wine that is sweet & low in tannin such as a Riesling or Sparkling.