

Curry Paste

(Thai Style!)– a versatile cooking base

Ingredients:

- 15 cloves garlic
- 15 dried red chillies
- ¼ cup finely chopped onions
- 3 tsp coriander seeds
- 3 tsp cumin seed
- 2 tsp oregano
- 2 tsp black pepper
- 3 tbsp lemon juice
- 2 tbsp ginger paste
- 4 tbsp lemongrass paste
- 4 tbsp coriander leaves (finely chopped)
- ¼ tsp immunity powder
- salt to taste

Method:

1. Wash the dried chillies, cut them into two halves and soak it in hot water to soften for about 20 minutes. It will also help to deseed the chillies too.
2. Roast coriander seeds, cumin, oregano and pepper in a pan.
3. Let it cool completely and then grind well.
4. Drain the chillies from the water and grind.
5. Now add onions and make a fine paste.
6. Add ginger, garlic, lemongrass paste, lemon juice, salt, immunity powder and coriander leaves and grind well until smooth.
7. The paste is now ready.
8. Store in an airtight container.

Variations:

1. Use this paste in a diluted form with assorted steamed or stir-fried vegetables as per seasonal availability.
2. Lemongrass stalks can be used in place of lemongrass paste.
3. Ginger can be replaced with galangal (Thai ginger).



Notes:

- Curry paste is packed with spices like turmeric, coriander, and chillies, all rich in anti-inflammatory compounds.
- Garlic acts as an anti-inflammatory and anti-viral food.
- Chillies are rich in antioxidants and help enhance our metabolism and digestion.
- Lemongrass helps to ward off cold, cough, fever and is used for digestion too.
- Galangal can replace ginger which again acts as a stimulant for digestion.

Green Curry Paste:

1. 8 green chillies, chopped
2. 8 cloves garlic, peeled
3. 1 onion finely, chopped
4. 2 tbsp ginger paste
5. 1 cup coriander leaves, chopped
6. 1 tbsp lemon juice
7. 1 tbsp coriander powder
8. 1 tbsp cumin powder
9. 1 tsp oregano
10. 2 stalks lemongrass or lemongrass paste
11. ½ tsp pepper powder

Method:

- Grind all the ingredients in a mortar and pestle or a blender using very little water.
- Store in an airtight container or in the refrigerator.
- Can freeze for 3 to 4 months.

Variations:

1. Use in diluted form with steamed sprouts and seasonal vegetables and relish its goodness.
2. Can be used for making stir fry vegetables too.
3. Dilute the paste using water/coconut milk/almond milk /mushroom sauce for a more intense taste and flavour.

Pair it with: Edamame Stir Fry – An easy weeknight dinner!

