

Thai Red Curry with Cashew Nuts



The curry dishes of Thailand are eaten with plain jasmine rice or kanom jeen (round rice noodles). This helps to reduce the heat and the intensity of the flavors.

Curry is eaten like soup and diners normally share a bowl of curry which is accompanied by dishes with mild, salty, bitter and sweet tastes.

There are dozens of different types of curries in Thailand. They vary by the use of different types of curry pastes, the addition of coconut or water and different combinations of ingredients.

Although I have used a ready made red curry paste for this recipe I have also included a list of ingredients for those who wish to make your own. All you will need to do is grind all the ingredients together in a large pestle and mortar.

INGREDIENTS

" **3 tbsp red curry paste (if you are not making your own)**

" **1 red onion, finely sliced**

" **400 ml tin of coconut milk**

" **1 kaffir lime leaf**

" **½ tsp light soy sauce**

" **60g baby corn cobs, halved length ways**

" **125g broccoli florets**

" **125g French green beans, cut into 5 cm lengths**

" **25g cashews nuts**

" **15 fresh basil leaves**

" **1 tbsp coriander, chopped**

" **1 tbsp roasted peanuts, to garnish**

Red Curry Paste (if you want to make your own)

" **7 fresh red chillies**

" **2 tsp cumin seeds**

" **2 tsp coriander seeds**

" **2.5 cm piece galangal, chopped**

" **½ stalk lemon grass, chopped**

" **1 tsp salt**

" **grated rind of 1 lime**

" **4 garlic cloves, chopped**

" **3 shallots, chopped**

" **2 kaffir lime leaves, shredded**

" **1 tbsp vegetable oil**

METHOD

(NOTE: this recipe needs very little simmering before putting the inner pot into the outer container. If you simmer for too long it will break up the broccoli.)

1. Over a medium heat, add the red curry paste and the onion. Cook for 2 minutes stirring frequently.

2. Add the coconut milk and bring to the boil.

3. Add the light soy sauce, baby corn cobs, broccoli florets, French green beans and the cashews nuts. Put on the lid (if using the top pot for the rice use it instead of the lid).
 4. Bring back to the boil then turn down to a simmer. Simmer for 2 minutes maximum.
 5. Turn off the heat and put the inner pot into the insulated outer pot. Leave to thermal slow cook without power for 2 hours.
 6. Before serving, remove the kaffir lime leaf and stir in the basil and coriander.
 7. Serve with jasmine rice and garnish with peanuts.
- If cooking rice in a top pot put 1 cup of washed jasmine rice and 1½ cups of water in the top pot. Bring to the boil, stir, put on the lid and turn off the heat. At stage 3 above, instead of putting on the lid, use the top pot as the lid and then continue to stage 4.

NOTE: This recipe is supplied by Chef Dave Knowles from the UK and is described for a 4.5 litre inner saucepan so you will need to adjust quantities if you are using something else.

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