Panang Pineapple Curry

This recipe uses a Dutch oven, but any similarly sized pot will do. Takes under 30 minutes to prepare.

Ingredients

- 4 tablespoons of Coconut Butter
- 1 bell pepper
- 1 carrot
- 3 mushrooms
- 1 onion
- 1 summer squash
- $^1/_2$ teaspoon turmeric
- 2 tablespoon ginger paste
- 1 tablespoon garlic paste
- 1 teaspoon tomato paste
- 1 teaspoon yellow curry powder
- 1 teaspoon red chili powder
- 1 tin coconut milk
- 2 tablespoons chunky peanut butter
- 1 teaspoon red curry paste
- 1 Chicken or Vegetable Stock cube
- $^1/_2$ cup bean spouts
- Half a Can of Pineapples
- Half a can of Baby Corn or Bamboo
- 1 cup kale or spinach
- $^1/_3$ cup thai basil
- lime juice to taste
- cilantro for garnish
- rice, enough for your guests

Preparation

1. Prepare all vegetables before beginning. dice the onions, carrots, bell pepper, mushrooms, and squash.

2. In a Dutch oven, melt enough coconut butter to cover the bottom. when hot, add the diced vegetables and cover. Stir occasionally.

3. When the onions are turning translucent, add turmeric and garlic paste. Stir the the veggies until the garlic becomes aromatic, then add ginger paste. When the ginger is aromatic, add tomato paste and stir.

4. When the tomatos smell cooked and not raw, add yellow curry powder and red chili powder. Let it toast in the oil for 30 seconds. Then add a can of coconut milk, two spoonfuls of chunky peanut butter, a spoonful of red curry paste, and 1 chicken stock cube. Bring to boil.

5. Add the canned pineapple, bean spouts, leafy greens, Corn/Bamboo, and thai basil to the stew. Reduce heat to simmer and cover. Let stew for at least 15 minutes, though longer is only better.

6. Begin cooking the rice. When it's ready, usually the curry is too. Garnish with lime and cilantro and serve.