

Curry Recipe

1	Yellow Onion	Diced
1	Bell Pepper	Cut into Matchsticks
2	Garlic Clove	Minced
1/2"	Ginger	Finely Grated
1 lb.	Chicken Breast	
1	Lemongrass Stalk	Bruised
13.5oz Can	Coconut Milk	Separate milk from fats
1-3Tbsp	Curry Paste	I tend to put more toward 2.5 or 3
1 Tbsp	Brown Sugar	
¼ cup	Chicken Broth	
1 Tbsp	Fish Sauce	
1 Tbsp	Coconut Oil	
1	Kaffir lime leaf	Optional
2 Tbsp	Smooth Peanut Butter	Optional

- 1) Cook onion in coconut oil until softened. Try to not caramelize the onion.
- 2) Add ginger and garlic and cook for 1 to 2 minutes.
- 3) Add curry paste and cook for 30 seconds until you can mix it in with the other ingredients.
- 4) Add coconut milk. DO NOT ADD FATS YET.
- 5) Cook until curry smooths out. You're trying to make a paste at this point so you want to cook until onions and other ingredients dissolve into each other. Another way to tell that it is near done is when oils will begin to pool up on the top.
- 6) Add chicken broth and coconut fats and mix well.
- 7) Add chicken and let simmer until chicken is done (~15min).
- 8) Add fish sauce, lemongrass, bell pepper, and brown sugar. Simmer for another 5 minutes. You can also add peas at this step or any other vegetables you'd like. If you want peanut curry, add 2 Tbsp of smooth peanut butter at this point as well.
- 9) Add to noodles or rice.
- 10) Eat
- 11) Digest
- 12) Release
- 13) Repeat

Additional notes:

I personally like more bell peppers in my curry so I'll add a bit more than this recipe calls for. It is also much prettier if you use different colored peppers. I like using red and yellow but if you have some of those red/yellow marbled peppers use those.

I use Mae Ploy brand Yellow Curry Paste. They also sell green and red pastes. The red is hotter and the green apparently has Kaffir Lime and Lemongrass in it already so adjust your ingredients based on that.

Remember to cut the chicken at about a 35 degree angle to make it more tender. Look it up.