

TOM KHA GAI SOUP

Ingredients

1 tablespoon coconut oil
½ of one onion sliced
2 cloves garlic chopped
½ of one red jalapeno pepper sliced, or a couple Thai chiles, halved
3 ¼-inch slices galangal or ginger
1 lemongrass stalk pounded with the side of a knife and cut into 2-inch long pieces
2 teaspoons red Thai curry paste (optional)
4 cups chicken stock
4 cups canned coconut milk
2 medium chicken breasts cut into bite-sized pieces/vegetarian or to use shrimp
240gms mushroom, sliced or torn
2-3 plum tomatoes, deseeded and roughly chopped
1-2 tablespoons sugar
1 ½ – 2 tablespoons fish sauce plus more to taste
2-3 tablespoons fresh lime juice
2-3 green onions sliced thin
fresh cilantro chopped, for garnish

Method

Step 1

In a medium pot, heat the coconut oil over medium heat. Add the onion, garlic, jalapeno or chile, galangal or ginger, lemongrass, and red curry paste and cook, stirring frequently, for 2 minutes, the onions will not have collapsed. Add chicken broth and bring to a boil. Reduce heat and simmer uncovered for 30 minutes.

Step 2:

Strain out the aromatics (the garlic, onions, lemongrass, and ginger) and discard. Add in coconut cream or milk, chicken breast (or tofu or shrimp), mushrooms and tomatoes. Simmer until chicken breast pieces are just cooked through, then add fish sauce, sugar, and lime juice, plus more of each to taste.

Step 3:

Cook 2 minutes, then ladle into serving bowls and top with sliced green onions and fresh cilantro.

THE COOKERY

by The Secret Jozi Chef

The Colony Shopping Centre, 345 Jan Smuts Avenue, Craighall, 2024.

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Thai Green Curry

Ingredients

1 x cup sliced chicken breast
2 tbsp Green Curry Paste
4 x lime leaves, thin sliced
1 x red chilli
3 x baby marrow, sliced cm
10 green beans, cut into thirds
3 x patty pan, quartered
1 x red onion, quartered
1/2 cup basil
2 cans coconut milk
1 tbsp fish sauce
1 tsp sugar
Coconut/sunflower oil for frying

Method

In a medium saucepan, on medium-high heat, start by adding your oil and half the curry paste till aromas are released.

Brown your chicken in the curry paste, adding salt to taste

Remove the chicken once browned and set aside.

In the same saucepan, add coconut milk and bring to a simmer, making sure to stir and deglaze the bottom

Once simmering, add the rest of your curry paste, vegetables, fish sauce, and sugar. (Keep your basil, chilli and lime leaves till the end)

When the vegetables are past halfway cooking (Around 6 minutes), add your chicken back into the curry and simmer for another 6 minutes or until chicken is cooked through.

Stir through sliced basil, whole chilli & finely shredded lime leaves and serve with rice.

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