



Red Thai Curry Paste

This is an authentic red thai curry paste passed on from EVERFIT athlete and orthopaedic surgeon Andy Vane. We had a great time learning how to create this over a couple of beers and then combining with the Red Tofu curry (see recipe on EVERFIT platform)

Serves: 3, Prep time: 00:30, Cook time: 00:00

Instructions

Red Paste Method

1) Put peppercorns, coriander seeds, and cumin seeds in a mortar and pound well.

2) Add the remaining ingredients (except Shrimp paste * if vegetarian use a mixture of miso and fermented bean paste), pound until mixed well.

3) Add the paste and pound until fine and smooth.

We used a nutri bullet instead of the mortar and then blended everything up well. You could also use a food processor.

Ingredients

- 7 Red Chili
- 2 tablespoon Garlic (chopped)
- 2 tablespoon Shallots
- 1 tablespoon Chopped lemon grass
- 1 teaspoon Galanga - Thai Ginger (chopped)
- 1 teaspoon Coriander Root (chopped)
- 0.5 teaspoon Kaffir lime peel (chopped)
- 0.5 teaspoon Peppercorns (roasted)
- 1 teaspoon Coriander seeds (roasted)
- 0.5 teaspoon Cumin seeds (roasted)
- 0.5 teaspoon Salt



