



THE COOKERY SCHOOL

AT THE GRAND, YORK

Tasty Thai | Express Class

Authentic Thai Green Seafood Curry

Fluffy Jasmine Rice



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Step One: Thai Green Curry Paste

1 tbsp coriander seeds
½ tbsp cumin seeds
½ tsp black peppercorns
5cm fresh galangal, sliced
4 stalks of lemongrass, peeled to the tender root, finely sliced
1 tsp shrimp paste
1 tsp Thai fish sauce
Small handful fresh coriander, with stalks
4 garlic gloves, peeled
1 kaffir lime leaf
1 tbsp salt
2 banana shallots, sliced
4 green chillies, deseeded
10ml water

1. Place the coriander seeds, peppercorns and cumin seeds into a pan over a medium heat and toast until they start to brown and give off a toasted aroma.
2. Take off the heat and leave to cool before placing into a food processor with the remaining ingredients and blitzing into a fine paste. Freeze or chill in the fridge until needed.

Step Two: Green Seafood Curry

150g mixed seafood, salmon, squid, King Prawns, monkfish
1 tbsp Thai green curry paste
100ml coconut milk
1 green chilli, deseeded, finely sliced
¼ green pepper, deseeded, finely sliced
1 spring onions
1 banana shallot, finely sliced
25g oyster mushrooms, torn into strips
1 kaffir lime leaf
3g palm sugar
1 tsp fish sauce
70ml chicken stock
Coriander to garnish



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1. Heat a heavy-based deep saucepan over a medium heat, add a drizzle of vegetable oil and 1 tbsp of curry paste and cook for 30 seconds.
2. Add the seafood and fry for 2 minutes until just cooked, take out of the pan and place onto a tray.
3. Add the remaining curry paste to the pan and cook for another 30 seconds before adding the shallots, chilli, peppers and mushrooms and cooking for 1 minute until they start to soften.
4. Add the coconut milk, chicken stock, lime leaves, palm sugar and fish sauce and bring to the boil. Reduce the heat and leave to simmer for 5 minutes.
5. Re-add the seafood and take off the heat, leave for 2 – 3 minutes to allow the seafood to warm through.

Step Three: Fluffy Jasmine Rice

70g Jasmine Rice

1. Place the rice into a bowl and cover with cold water. Rub the rice through your fingers then tip out the milky water. Repeat until the water goes clear.
2. Prepare a large pan of boiling salted water and place the rice in. Bring back to the boil and place a lid on top before reducing the heat to medium.
3. Cook the rice from boiling for 8 minutes with the lid on, then drain the water from the rice and place the lid back on to the pan and keep off the heat.
4. Leave the lid on the pan to steam the rice for an extra 6 minutes. Fluff the rice with a fork before serving.

Step Four: Serve

1. Rewarm the curry if needed, and spoon into your bowl, just off centre.
2. Spoon the fluffy rice next to the curry and garnish with sliced spring onion, the remaining green chilli and chopped coriander.