

MAKE - IT-YOURSELF

THAI GREEN CURRY PASTE

INGREDIENTS

- 15** Chilies (green) (fresh) (small ones)
- 3 T** Shallots **OR** onions (chopped)
- 2 cloves** Garlic
- 2 T** Ginger (grated ginger)
- 1/2 T** Lemon grass (chopped)
- 1 t** Peanut butter
- 1 t** Salt
- 1/2 t** Lemon zest (grated) **OR** Kaffir lime leave crumbled
- 1/2 C** Cilantro **OR** Basil (Thai)



DIRECTIONS

Puree all the ingredients in a blender

NOTES

- 1 Some like to freeze the ginger before grating it
- 2 Makes 1 C

See below for Fish Sauce recipe

MAKE - IT - YOURSELF

FISH SAUCE

INGREDIENTS

- 1 tin** Anchovies (in oil)
- 1/4 C** Olive oil
- 1 t** Toasted sesame oil
- 1/2 t** Mustard (dry)
- 3 T** Coconut Aminos **OR** Tamari **OR** Soy Sauce
- Dash** Worcestershire sauce



DIRECTIONS

- 1 Warm the olive & sesame oil gently in a small saucepan over low heat
- 2 Add the anchovies & let them simmer
- 3 They will start to break apart so as they cook break them up further with a stiff spatula
- 4 Cook 8 minutes then remove from heat & allow to cool
- 5 Whisk in the powdered mustard, followed by the Coconut Aminos & Worcestershire
- 6 Pour into a blender & blend a few seconds until smooth

