

AUTUMNAL GARDEN THAI CURRY

Recipe from Sarah Fritschner



Ingredients:

- 1 onion
- 2 tbs. vegetable or coconut oil
- 1 tbs. grated fresh ginger
- 3 or 4 cloves fresh garlic, minced
- 1 to 1 1/4 lbs sweet potatoes
- 6 or 8 kale leaves (other greens work as well)
- 1 to 2 tbs. red curry paste, or to taste
- 2 tbs. fish sauce or 3 tbs. soy sauce
- 1 tbs. brown sugar
- 6 tbs. chopped cilantro or basil
- Cooked rice, for serving
- Optional: cooked protein such as chicken, shrimp, beef, chickpeas, or tofu

Directions:

Heat oil in a wide, heavy pot set on medium-high heat. Peel and dice the onion, adding it to the skillet as you do. Stir. Peel ginger, grate it and add it to the pan. Peel garlic and mince it and add to the pan, stirring to incorporate.

Cook 10 minutes more or so, until the onions are tender and shrunken. As they cook, peel the sweet potatoes and cut them into chunks. Remove stems from kale and chop the leaves, set aside.

When onions have cooked, open the can of coconut milk and carefully scoop off the layer of thickened cream at the top of the can, adding it to your onion mixture. Add curry paste and stir to blend into the coconut. Add sweet potatoes to the pan along with the remainder of the coconut milk can and 1/2 cup of water. Simmer 30 minutes, or until the potatoes are tender. Add your kale leaves, fish sauce/soy sauce, and sugar and cook for around 5 minutes or until they have cooked to the desired taste. Spoon curry over rice and top with chopped cilantro or basil.

