

## Garden Curry

Thai-inspired curries are a meal in a pot and an easy way to get lots of flavor into a dish without a lot of work. One of their best attributes is an ability to adapt to nearly anything that is available in your garden or farmers market, and to any protein. You can add shrimp, chicken, or chunks of tender beef to this curry. Or keep it vegetarian by adding tofu or even mushrooms to the dish. For a great primer on easy Thai curry see Nancie McDermott's instruction [here](#).

### Ingredients:

1 onion  
2 tablespoons vegetable or coconut oil  
1 tablespoon grated fresh ginger  
3 to 4 cloves fresh garlic, minced  
1 to 1 ¼ pounds sweet potatoes  
6 or 8 leaves kale  
1 13.5 oz can coconut milk  
1 to 2 tablespoons red curry paste, or to taste  
2 tablespoons fish sauce or 3 tablespoons soy sauce  
1 tablespoon brown sugar  
6 tablespoons chopped cilantro or basil  
Cooked rice



### Cooking Instructions:

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, adding it to the pan.

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

When onions have cooked, remove hardened coconut milk from the top of the can and add it to the pan. Add curry paste and stir to blend into the coconut. Add sweet potatoes to the pan along with coconut milk and ½ cup water. Simmer 30 minutes, or until they are tender. Add kale leaves, fish sauce and sugar and cook a few minutes more, or until they are done to desired taste. Spoon vegetables over rice, top with cilantro or basil.

Serves 2 to 4.

--Sarah Fritschner, Kentucky Food Writer