

# Coconut Curry Tomato Soup

*Canned tomatoes, Coconut Milk and Red Curry make a convenient and intriguing soup. It's a great starter for a meal or can be the main meal depending on time and occasion.*



**Yield:** 8 cups  
**Time:** 20 minutes

## INGREDIENTS

- 1 tablespoon olive oil
  - 1/2 cup minced onion
  - 1 tablespoon Red Curry Paste\*
  - 1-28 oz can peeled whole Italian plum tomatoes
  - 1-13.5 oz can Coconut Milk, Regular or Lite
  - 1-15 oz can straw mushrooms
  - 1/2 pound fresh or uncooked frozen shrimp (peeled and deveined), or firm tofu (drained & cubed)
  - 2 tablespoons brown sugar
  - 2 tablespoons fresh lime juice
  - 2 tablespoons fresh basil
- \*Optional: For those who like less heat, start with 2 tsp Curry Paste.

## DIRECTIONS

1. In a medium sized non-aluminum sauce pan heat oil, onion and Red Curry Paste. Cook over a medium heat until onions are soft and curry is dissolved.
2. Blend or process tomatoes until smooth and add to sauce pan. Add Coconut Milk and mushrooms. Bring to a boil and turn heat down to a simmer.
3. Add shrimp or tofu, sugar, lime juice and basil. Cook, stirring occasionally, until shrimp is just tender. Serve with or without rice.

# Red Curry Beef Stew

*Comfort food is the same the world over.*



**Yield:** 4 Servings

## INGREDIENTS

- 2 tablespoons vegetables oil
- 1 packet Red Curry Paste
- 2 lbs stew meat
- 2 medium onions, chopped
- 3 medium potatoes, peeled and cut into chunks
- 3 medium carrots, peeled and cut into chunks
- 1-13.5 oz can Coconut Milk
- 3 tablespoons Fish Sauce
- 2 teaspoons brown sugar
- 1 cup roasted, unsalted peanuts

## DIRECTIONS

1. In large pot, heat oil. Add Curry Paste. Sauté for 1 minute.
2. Add stew meat and brown on all sides.
3. Add onions and carrots and sauté for 3 minutes.
4. Add potatoes, Coconut Milk, Fish Sauce and brown sugar.
5. Cover and simmer for approximately 1 to 1 1/2 hours or until meat is tender.
6. Garnish with peanuts.

# Coconut Ginger Chicken Soup

*The Favorite Thai Soup*



**Yield:** 4 Servings

## INGREDIENTS

2 tablespoons Coconut Ginger Soup Base  
1-13.5 oz can Coconut Milk  
1 lb skinless boneless chicken breasts, cut into thin strips  
1/2 teaspoon Fish Sauce  
1 teaspoon lime juice  
2 cups water or chicken broth

## DIRECTIONS

1. In medium saucepan over medium high heat, combine Coconut Ginger Soup Base and Coconut Milk. Bring to a boil.
2. Add chicken. Lower heat and cook until chicken is cooked, about&nbsp;2 minutes.
3. Add Fish Sauce, lime juice and water or chicken broth. Stir together to incorporate all ingredients well.
4. Return to a boil, stirring occasionally. Serve hot.

# Green Curry with Beef

*This recipe is from the northern part of Thailand where food tends to be spicier.*



**Yield:** 4 servings

**Time:** 10-15 minutes to assemble  
<br />10 minutes to cook

## INGREDIENTS

- 1 tablespoon oil
- 1 lb beef sirloin steak, cut into thin strips
- 1-13.5 oz can Coconut Milk
- 1 tablespoon Green Curry Paste
- 1 onion, chopped
- 2 tablespoons Fish Sauce
- 1 tablespoon brown sugar
- 1 cup frozen peas
- 2 medium tomatoes, quartered
- 1 cup loosely packed, fresh basil leaves, roughly chopped
- \*Optional: Jasmine Rice or rice noodles

## TOOLS & EQUIPMENT

Large skillet

## DIRECTIONS

1. Add oil to a large skillet and heat over a medium-high heat. Quickly brown steak and set aside.
2. In same skillet, add Coconut Milk and bring to a boil. Add Curry Paste, stirring until dissolved and fragrant.
3. Add onion, Fish Sauce and sugar. Stirring, cook 2-3 minutes or until onions are translucent.
4. Add peas, tomatoes and beef. Cook until just heated through.
5. Stir in basil and cook until wilted. Serve over Jasmine Rice or Rice Noodles.

# Chickpeas & Vegetables in Coconut Milk

*A Vegetarian Soup Packed with Protein.*



**Yield:** Makes 9 cups

## INGREDIENTS

2 tablespoons oil  
1 large onion, diced  
1 tablespoon minced ginger  
4 large cloves garlic, minced  
1 red bell pepper, diced  
1 green bell pepper, diced  
1 small yellow squash, diced  
2 tablespoons yellow curry powder  
1 teaspoon salt  
1 large tomato, diced  
2-15 oz cans chickpeas, drained  
1-13.5 oz can Coconut Milk  
Juice from 1 lime  
Rice

## DIRECTIONS

1. In a large nonstick skillet, heat oil over medium high heat. Add onion, ginger and garlic. Saut&eacute; 3 to 4 minutes until vegetables start to wilt.
2. Add red bell pepper, green bell pepper and squash. Saut&eacute; an additional 2 to 3 minutes.
3. Reduce heat to medium. Add yellow curry powder, salt and tomato. Saut&eacute; 2 to 3 minutes or until the curry is well mixed and fragrant.
4. Add chickpeas and Coconut Milk. Heat through.
5. Add lime juice, mixing well. Serve over rice.

# Shitake Cider Saute

*This side dish is elegant and easy. Don't substitute other mushrooms for the shitakes. They have a unique flavor and texture.*



**Yield:** Serves 4 as a side dish  
**Time:** 15 minutes from start to finish

## INGREDIENTS

- 1 tablespoon olive oil
- 2 tablespoons margarine
- 4 cloves, crushed garlic
- 1/2 pound shitakes, stemmed and sliced
- 1/4 cup cider (or apple juice)
- 1 tablespoon soy sauce
- 2 tablespoons Garlic Chili Pepper Sauce

## TOOLS & EQUIPMENT

Frying Pan

## DIRECTIONS

1. Heat olive oil and margarine in pan over medium heat.
2. Add garlic and briefly saute. Be careful not to burn the garlic.
3. Add shitakes and toss to coat.
4. Add cider, soy sauce, and Garlic Chili Pepper Sauce.
5. Saute for three minutes more.
6. Serve warm over crisp greens.