



Taste and Savor

1 Quick Recipe:

Thai Red Curry Chicken

3 TB Coconut Oil
 1 Cup Red Onion, chopped
 2 Red or Green Ribbed, Seeded and Chopped Jalapeños or Serranos
 1 TB Each Grated Ginger and Garlic
 3 TB Red Curry Paste
 8 - 12 OZ Chicken Breast, cut into bite size pieces
 1 (15 OZ) Can Coconut Milk
 2 Cups Broccoli Florets
 1 (8 OZ) Can Water Chestnuts, drained and chopped
 1 Cup Chopped Carrots
 1 Cup Chopped Mushrooms
 1 TB Fish Sauce.
 2 TB Coconut Sugar
 1 TB Fresh Lime Juice
 ½ Cup Chopped Cilantro
 Cooked Jasmine Rice and Lime Wedges for Serving

Step One Add the coconut oil to a large sauté pan or a wok. Melt the oil and add the onion and peppers. Cook and stir over medium high heat until soft, add the ginger and garlic and cook until aromatic, about 1 minute. Add the curry paste and stir to incorporate.

4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

The Friday 4

Step Two

Add the chicken breast and stir fry for a few minutes. Pour in the coconut milk, and add the broccoli, water chestnuts, carrots and mushrooms. Lower the heat and simmer for about 10 minutes or until chicken is cooked throughout - it will be solid white and opaque.

Step Three Stir in the fish sauce, coconut sugar and lime juice. Spoon over Jasmine Rice and sprinkle with cilantro. Serve with lime wedges.

2 Kitchen Scoop

You can find Red Curry Paste in the regular grocery store. If you have a choice of brands, my favorite is the Mae Ploy. Thai Kitchen is also good!



3 Clever Idea

Thai food is an amazing blend of flavors; sweet, salty, bitter, spicy and aromatic. In this recipe, the coconut ingredients: coconut oil, coconut sugar and coconut milk bring sweetness, while the onion, ginger, garlic and fish sauce add pungency to the curry.

4 Cheers!

Pichot Vouvray

Loire Valley France
 About \$16.00

Chenin Blanc from France's Loire Valley is a classic pairing with the flavors in red curry. The Pichot Vouvray is made with 100% Chenin Blanc grapes, but France is an "Old World" country - a country that names its wines from the place they are from - not the grapes in the bottle! This wine is medium bodied, full of fruit flavor and is best served up cold, around 55F. At this temp it will nicely balance the spicy and pungent flavors in the curry, and the wine's good acidity will keep the pairing bright and refreshing.