

Authentic Thai Green Curry with Chicken & Thai Basil

⌚ Prep: 15m

🔥 Cook: 20m

Σ Total: 35m

🍽️ 4 servings



MISE EN PLACE / INGREDIENTS

[12]

- ☐ 3 tbs Authentic Thai green curry paste (Mae Ploy)
- ☐ 1.2 lbs Boneless skinless chicken thighs, sliced
- ☐ 0.5 cup Sliced bamboo shoots, drained
- ☐ 2 tbs Thai fish sauce (nam pla)
- ☐ 4 leaves Fresh or frozen kaffir lime leaves, torn
- ☐ 2 whole Fresh red bird's eye chilies or spur chilies, sliced diagonally
- ☐ 1 can (14 oz) Full-fat canned coconut milk (Aroy-D)
- ☐ 1 cup Quartered round Thai eggplants or diced Asian eggplant
- ☐ 0.5 cup Water or unsalted chicken stock
- ☐ 1 tbs Crushed palm sugar (azúcar de palma)
- ☐ 1 cup Fresh Thai sweet basil leaves (Horapa)
- ☐ 3 cups Steamed Thai jasmine rice, for serving

🛒 US SUPERMARKET BRAND GUIDE

Green Curry Paste: Mae Ploy Green Curry Paste
Freshly pounded green chiles, galangal, lemongrass, and shrimp paste. • 📍 Asian aisle.

Coconut Milk: Aroy-D 100% Pure Coconut Milk
Free of gums and thickeners, allowing cream to 'crack' naturally. • 📍 Asian food aisle.

COOKING SEQUENCE & CHECKPOINTS

- 1

Crack Coconut Cream

⌚ 5 min

Spoon thick cream from the top of the coconut milk can into a wok. Simmer until green oil droplets separate, then fry the green curry paste for 3 minutes.
✓ Checkpoint: Sizzling green oil separation.
- 2

Sear Chicken

⌚ 3 min

Add sliced chicken thighs to the sizzling curry paste and sauté 3 minutes until coated and opaque on the outside.
✓ Checkpoint: Coated aromatic chicken.
- 3

Simmer Eggplants & Bamboo Shoots

⌚ 8 min

Pour in the remaining coconut milk, water, torn kaffir lime leaves, Thai eggplants, and bamboo shoots. Simmer 8 minutes until chicken reaches ≥165°F (74°C) and eggplants are tender.
✓ Checkpoint: Tender eggplant and chicken in simmering curry.
- 4

Season & Fold Basil

⌚ 4 min

Season with fish sauce and crushed palm sugar. Turn off burner, fold in fresh Thai basil leaves and sliced red chilies, and serve over steamed jasmine rice.
✓ Checkpoint: Wilted fragrant basil in jade-green curry.

🛡️ **FOOD SAFETY & INTERNAL TEMPERATURE: 165°F (74°C) MANDATORY USDA SAFE MINIMUM INTERNAL TEMPERATURE FOR ALL POULTRY**
USDA Poultry Safety Minimum (≥165°F / 74°C): Chicken breast must reach a verified internal temperature of 165°F (74°C) in the thickest part to eliminate Salmonella. Pull promptly at 165°F (74°C) to keep lean white meat moist and tender.

👁️ **MASTER DONENESS CHECKPOINT:**
Luminous pale green fragrant broth with shimmering green oil droplets on surface.

🔬 **WHY IT WORKS:**
Cracking the Coconut Cream: Simmering rich coconut cream until the oil separates extracts fat-soluble aromatic oils from the fresh curry herbs.

⚠️ **TROUBLESHOOTING:**
Too fiery hot: Stir in an extra 1/2 cup coconut milk and 1 tsp palm sugar.