
THE CrossFit*kitchen*



THAI-STYLE CHICKEN CURRY (PALEO-ZONE)

overview

You control the spiciness of this healthy dish that can be served immediately or packaged for storage. You can also make substitutions to tailor the block count to your exact dietary needs.

makes 10 servings

blocks per serving

4 protein blocks

4.5 carbohydrate blocks

5 fat blocks

ingredients

1 rotisserie chicken (approximately 40 oz.), roughly chopped

¼ cup olive oil or 2 tbsp. olive oil and 2 tbsp. sesame oil

10 cups onions, Asian-style oblique cut or julienne

10 cups carrots, Asian-style oblique cut or julienne

10 cups celery, Asian-style oblique cut or julienne

8 cups red peppers, Asian-style oblique cut or julienne

1 cup fresh ginger, minced to brunoise size

1 cup fresh garlic, minced to brunoise size

¼-½ cup red curry paste (adjust depending on desired level of heat)

4 cans light coconut milk, shaken well before opening

49 oz. chicken broth

1 cup fresh jalapeños, sliced

4 oz. fresh basil, whole leaves picked from stem

2 oz. fresh mint, whole leaves picked from stem

1 bunch fresh cilantro, freshly chopped

20 kaffir lime leaves, torn twice on each leaf

10 stalks lemongrass, halved and beaten (woody tops and dry outer skin removed)

3 limes, rolled, halved and juiced

½ cup fish sauce

Sambal to taste





directions

1. Pour 1 can of coconut milk into a bowl and whisk in the red curry paste until all chunks have dissolved. Set aside.
2. Heat 2 large sauté pans or 1 large stock pot over medium-high heat.
3. When pan is preheated, add the oil, garlic and ginger and cook for 2-3 minutes, stirring regularly until a light brown rim appears on the garlic.
4. Add onions, carrots, celery and red peppers and toss or stir to coat garlic/ginger/oil mixture. Cook on medium-high for 10 minutes, stirring or tossing twice in that timeframe.
5. Add coconut-milk/curry-paste mixture, remaining coconut milk and chicken broth, and stir well. Bring to a simmer.
6. Add chicken, lemongrass and lime leaves. Stir and bring to a simmer once again.
7. Add basil, mint, cilantro, jalapeños, lime juice and fish sauce. Stir well, taste and add sambal if you desire.
8. If you are going to serve this immediately, bring it back to a simmer, plate it up and enjoy. It is nice to serve with extra lime wedges, sambal and fish sauce on the table so your guests can season it further if they wish.
9. If you are going to freeze or refrigerate, then stop at this point and distribute the curry into storage containers. It is best to leave the lids off or loose while cooling as this speeds the cooling process, which inhibits the growth of harmful bacteria. You can freeze this for up to six months.

notes

As with all my recipes, I encourage you to use this only as a guideline. Be creative, add or subtract ingredients, and spice it up or cool it down to your liking. If you want to decrease the fat blocks but still want the mouth feel of coconut milk, you can decrease the coconut milk and some of the chopped vegetables and whisk in a mashed sweet potato to thicken the broth. If you don't want to use chicken, then replace it with any other meat, seafood or ground protein. Just remember that when dealing with spicy foods, once the heat is added, it is tough to overcome or remove. If in doubt, start with a smaller amount of curry paste, jalapeños and sambal, and then adjust the flavor at the end to prevent ruining the dish with too much heat. The lemongrass and lime leaves are not to be eaten, they are simply used for flavor and are to be left in the bowl and thrown out after you finish your tasty curry.