



KUMAR'S

酷玛红咖喱大虾配九层塔和泰国小茄子

RED CURRY WITH PRAWNS, THAI BASIL AND AUBERGINE



原材料

- 500克生大虾
- 150克红咖喱酱
- 50克油
- 200毫升鱼高汤
- 100毫升椰奶
- 1茶匙鱼露
- 200克泰国茄子切成小块
- 30克红辣椒切小粒
- 1颗青柠切片
- 15克九层塔切末
- 1根柠檬杆切片
- 4片青柠叶

烹饪方法

- 将红咖喱酱、鱼高汤、鱼露和油混合，加入大虾，充分搅拌之后腌制30分钟。然后加入茄子、辣椒、柠檬杆和青柠叶。放入预热过的烤箱，以180摄氏度烤8分钟。

参考做法：

- 锅中倒入油，用大火炒虾，加入所有除了九层塔以外的其它配料，一起烹饪5分钟，直到大虾全熟，酱汁呈粘稠状。
- 装盘时洒上九层塔和青柠。



INGREDIENTS

- 500g fresh prawns
- 150g red curry paste
- 50g oil
- 200ml fish stock
- 100ml coconut milk
- 1 tsp. fish sauce
- 200g Thai aubergine cut into small pieces
- 30g finely diced red chilli
- 1 lime
- 15g chopped Thai basil
- 1 stick lemongrass
- 4 kaffir lime leaves

PREPARATION

- Mix together the red curry paste, fish stock, fish sauce and oil.
- Add the red curry mixture to the prawns and mix well.
- Marinate for 30minutes.
- Add the aubergine, chilli pepper, lemongrass and the lime leaves to the prawn mixture.
- Cook in the oven at 180°C for about 8 minutes.

Alternatively:

- Stir fry the prawns in the oil, add the remaining ingredients and cook for a further 5 minutes until the prawns are cooked and the sauce is the correct consistency.
- Garnish with the Thai basil and lime.