


Wine & Dine with Jeff

Thai Fish Curry Recipe

Thai Fish Curry pairing with K Pinot Gris
Alsace Grand Cru Schlossberg 2015



INGREDIENTS

 4 six oz pieces of haddock fish fillet (you can also use cod and halibut)

	2 tablespoons of grapeseed oil
	1/2 cup of diced shallots
	1 tablespoon of finely graded ginger
	3 minced garlic cloves
	3 tablespoons of red curry paste
	1 tablespoon of brown sugar
	1 1/4 cup of coconut milk (full of fat)
	1 1/4 cup of chicken stock
	1 lemon grass stock pounded out cut in half
	1 tablespoon of fish sauce
	2 tablespoons of cilantro
	3 scallions diced (green parts only)
	Juice of 1 lime
	
	

DIRECTIONS

1. Add your shallots, garlic and ginger to your saute pan with the grapeseed oil on medium heat saute for 3 minutes. Do not brown mixture! This is a one pan dish, use a pan large enough to hold all the liquids.
2. Incorporate the curry paste with the sauted vegetables and saute for one minute.
3. Stir in your wet ingredients: coconut milk and chicken stock.

Once incorporated add the brown sugar and fish sauce and simmer for 8 minutes, the sauce will reduce about 1/2 cup.

4. Cut root and stem off lemon grass and remove outer layers with mallet pound out lemon grass add to the sauce. After cooking remove lemon grass from sauce.

5. Salt the fish filets & add them to the red curry sauce. Place a lid on and simmer for 5 to 7 minutes (depending on the thickness of your fish). Very important note: the sauce should not be on a rolling boil just a slight simmer for poaching the fish!

6. In the last minute of cooking add the lime juice, cilantro and scallions to the sauce.

7. Serve the Thai red curry fish on your favorite rice or saute some fresh spinach with garlic and olive oil and serve on top of the spinach.