

Thai Cookery with Chef Jethro Carr

Thursday 13 January, 7pm - 8:30pm

Weblink: [Boundless Online Events - Thai Cookery with Chef Jethro Carr](#)

Thank you for registering to our online cookery event. Here is some useful information to get you all set for the session.

Before the event starts

We advise having all ingredients weighed out for each dish ready before the event start time so you can easily keep the same pace as the class. You will see below the measurements for each dish. Also make sure your equipment is easily to hand, so you do not miss anything along the way.

Here you will find a complete list of all the ingredients and equipment you will need to cook along in the event.

The curry paste

1 stalk lemongrass, thinly sliced (optional)
1 tsp whole peppercorns
1 tsp coriander seeds
½ tsp cumin seeds
6 green bird's-eye chillies, trimmed and halved (or any regular supermarket chillies)
4 garlic cloves, peeled
5 shallots or two red onions
3cm piece galangal, peeled and sliced (optional)
4 shredded kaffir lime leaves or 1 lime zested
2 tbsp chopped coriander stalks
1 tbsp chopped coriander leaves
1 level tsp shrimp paste or 2 anchovies broken up
2 tbsp sunflower oil

The curry

2 x 400g cans coconut milk
2 heaped tbsp green curry paste
500g skinless, boneless chicken breast, cut into thin strips
100ml chicken stock, plus extra if necessary
1-2 tbsp fish sauce
2 tsp palm sugar or light muscovado
4 kaffir lime leaves or 1 lime zested
50g fine green bean, halved
100g baby aubergine or regular aubergine, diced
Handful Thai basil or regular basil, shredded

Garnish

Coriander leaves
1 red chilli, thinly sliced
1 spring onion, shredded

Salad

2cm (¾in) piece of fresh ginger
1tbsp soy sauce
1tsp sesame oil
1 lime
1 cucumber
A small handful of fresh coriander
½ fresh red chilli
Lime wedges

These dishes have been chosen as most ingredients should be available in larger supermarkets.

If you have any difficulty finding these items, they are available from Taj at: www.taj.co.uk

And here is the equipment you will need:

Chopping board	food processor or hand blender	peeler
large chopping knife	mixing bowl	grater
large frying pan	wooden spoon	serving dish for salad

Help during the event

The cookery event will take place live on the night so make sure you have everything measured out and ready to go as this will make everything easier for you.

We will have a few short breaks throughout the event if you wish to ask a question. You will also be able to ask questions in the chat box for the team to answer.

If you missed any of the session, you can rewatch it at any time once the event has finished. Just revisit the website page and press play.

We hope you enjoy the event and enjoy your Thai cookery. Make sure you send any photos of your tasty creation to memberevents@boundless.co.uk.

For more cooking and baking recipes, be sure to join our online member only Facebook Group by searching Boundless Cooking & Baking Group on Facebook.

We look forward to seeing you on the night.