

CURRY ON LIKE A PRO

*With*

**SHEMIN'S**

*Fresh Herb*

**THAI GREEN CURRY PASTE**

*Quick & easy for Thai favourites  
Curries, marinades and many more...*



*Recipe Book*



## SHEMIN'S

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In our family, we all love Thai food and are forever experimenting with different recipes using our fresh and authentic Thai green curry paste. We found you can make such a huge variety of delicious dishes by simply adding different ingredients and using different cooking techniques.

All these recipes are quick and easy to make at home and will allow you to experience the true taste of Thailand in no time. Perfect for people who love natural and great tasting food. So grab a pot and a pack of paste and get started on your delicious culinary adventure around Thailand!

*Shemin*

Say hello! Get in touch and tell us about your adventures with Shemins!

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 Shemin's Curry Paste

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# CURRY TIPS

## *Thai Green Curry Paste*

- Our curry paste is made using only fresh herbs and spices. As a result, the flavour and the heat will naturally vary a little from season to season, and batch to batch. So, how much curry paste should you add? It's all a matter of taste, a little less curry paste for mild, or you can mix in some extra fresh chopped green chillies for a hotter curry.
- Fish sauce, sometimes referred to as the 'salt of Thailand' is used in many Thai dishes instead of salt, as it brings a deeper, rounder taste. However, if you don't have any fish sauce or follow a vegetarian diet, try substituting it for soy sauce.
- When storing fish sauce, don't put it in the fridge, as the salt will start to crystallise and get ruined. When your fish sauce gets cloudy and dark like soy sauce, it's time to go shopping again...
- Sticky rice is great to use with Thai cooking as it has a chewy texture and a sweet flavour that compliments the cuisine. Thai people like to cook it in such a way that the rice grains remain whole and have a firm, chewy texture. To accomplish this, the rice is soaked for four hours or more so the grains have absorbed the water before cooking.
- When cooking your rice, an easy way to create extra flavour is by adding in a Jasmine teabag.
- Thai food achieves a much deeper taste and sweet flavour using natural sweeteners. Palm sugar has been used in Thai cooking for centuries and has a lower GI than refined sugars. Its lovely caramel flavour and lighter taste makes it a favourite throughout Asia.
- Finish your dishes off with a squeeze of lime juice. This will tone down heat and cut through fat.
- For all our vegetarian customers, you can substitute quorn chicken or mince in the recipes which contain meat.



# CURRY IN A HURRY

## *Thai Green Curry Paste*

Sometimes the best things are the simplest. Our much-loved 'Curry in a Hurry' recipes are a great way to cook delicious, authentic curries in a flash! Add in your favourite ingredients at the last step and in ten minutes you will have a curry bursting with flavour.

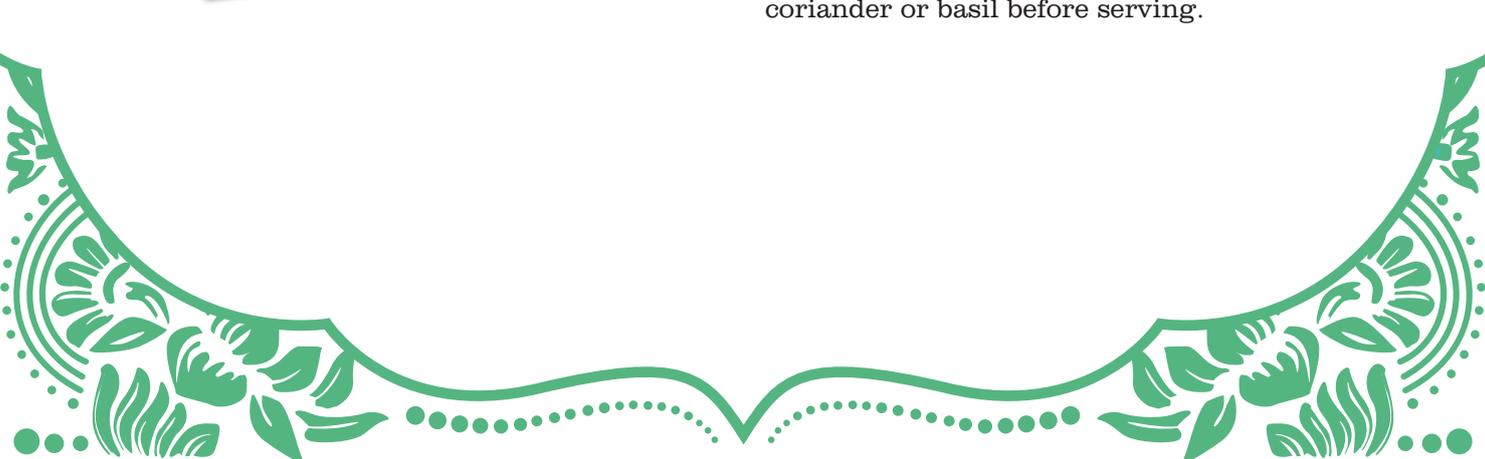
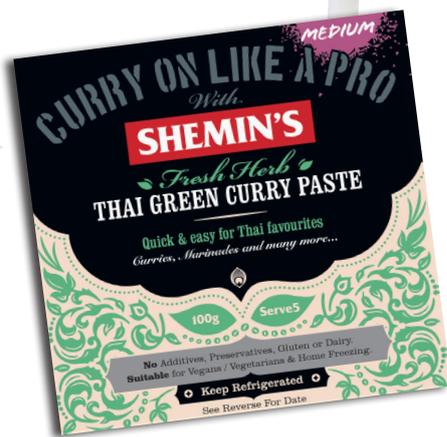


### OUR GREATEST LOVED CURRY IN A HURRY

Serves 6

#### Method

1. Take 400ml of coconut milk and add 100g of Shemin's Thai Green Curry Paste with 1tsp palm or brown sugar and 1tbsp fish sauce or soya sauce. Simmer for 4-5 minutes.
2. Add 750g meat or seafood, and simmer until cooked. If the sauce gets too dry, add a little stock or water.
3. Add 150g vegetables like bok choy, broccoli, courgette, mange tout etc and cook until done.
4. Add lime juice and a handful of chopped coriander or basil before serving.



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# JUNGLE CURRY

Jungle curry is a popular and spectacularly flavoursome Thai curry which is spicy and without coconut milk. You can make pork or chicken jungle curry with this easy recipe.



## Ingredients

Serves 6

3 tbsp Vegetable oil

100g Shemin's Thai Green Curry Paste

750g Pork tenderloin, beef, lamb or chicken thighs chopped into bite size pieces

600ml Chicken or vegetable stock

2 Small red chillies, pierced for extra heat, chopped, with or without seeds

2 tbsp Thai fish sauce

1 tbsp Palm sugar or brown sugar

400g/14oz Butternut squash, cut into cubes

1 Small aubergine, cut into cubes

50g Frozen petit pois

7 Chinese long beans, cut into 2.5cm slices, alternatively use french beans

8-9 Cherry tomatoes

1 large Handful of basil, torn

## Method

1. For the curry, place a large wok over a medium heat, add the vegetable oil and then add Shemin's Thai Green Curry Paste. Stir for 1 minute. Add the meat and stir-fry to brown the meat on all sides.
2. Add the chicken stock, chilli, sugar and fish sauce. Bring to boil and reduce the heat to a simmer, cook the meat until just done.
3. Add the butternut squash and aubergines. Cook until tender. Approx 15 minutes.
4. Finally add the chopped long beans, petit pois and cherry tomatoes, and simmer for four minutes. Adjust the saltiness by adding more fish sauce.
5. Stir through the basil just before serving. Serve with steamed or boiled rice.

# THAI GREEN CURRY WITH FRIED NOODLES

If you love green curry then you are sure to love this green chicken curry recipe with crispy noodles and what's more it looks fabulous.



## Ingredients

Serves 5-6

3 tbsp Vegetable or sunflower oil plus extra for deep frying

800g Skinless boneless chicken breasts, cut into 1 inch cubes

2 Red onions, roughly chopped

5 Spring onions, roughly chopped

175g Shitake mushrooms, thickly sliced

100g Shemin's Thai Green Curry Paste

400ml Coconut milk

300ml Chicken stock

1tsp Palm or brown sugar (optional)

Handful of fresh coriander, chopped

Juice of ½ lime

25g Dried thin rice noodles

Oil for Frying

## Method

1. Heat 2 tablespoons of oil in a wok and add the chicken in batches, stir-fry over a medium heat for 3-4 minutes until lightly brown all over, then transfer to a plate and set aside.
2. Heat more oil in the wok if required, add the red onions and spring onions and stir-fry over a medium heat for 2-3 minutes until soft but not brown. Add the mushrooms and cook for thirty seconds, then return the chicken to the wok.
3. Add Shemin's Thai Green Curry Paste, coconut milk, stock and sugar, bring to boil while stirring occasionally. Gently reduce the heat and simmer for 4-5 minutes until the chicken is cooked through, then stir in the coriander and lime juice.
4. Heat some oil for deep-frying in a separate wok to 180°C-190°C, or until a cube of bread browns in 30 seconds. Divide the noodles into 4 portions and cook one portion at a time for 2 seconds until puffed up and crisp, remove with a slotted spoon and drain on kitchen paper.
5. Serve the curry topped with crispy noodles or with boiled rice.

# SWEET POTATO AND PAK CHOI LAKSA

The fresh and punchy flavours in our Thai paste make a beautifully flavourful Thai soup. Try this laksa recipe that is quick to make and also healthy to eat.



## Ingredients

Serves 4

100g Shemin's Thai Green Curry Paste

2 tsp Sesame Oil

600ml Chicken or vegetable stock

400ml Coconut milk

1 Very large or two smaller sweet potatoes, peeled and chopped into largish chunks

2 Clusters of pak choi, chop the stalks

2 tbsp Thai fish sauce

1 tbsp Soy sauce ( you may need a little more if you are not using fish sauce)

Juice of 1 lime (throw the zest in too if you like it super limey)

2 Portions of egg, rice or udon noodles, cooked if they need pre-cooking

Handful fresh coriander leaves

## Method

1. Mix the Shemin's Thai Green Curry Paste and sesame oil together. Put a large saucepan on a medium heat and dry-fry the mix for a minute. Add the stock and coconut milk, and bring to the boil.
2. Add the sweet potato and simmer for 10-15 minutes, then add the fish sauce, soy sauce, lime juice and pak choi stalks. Simmer for another 10 minutes, or until the sweet potato is cooked through.
3. Add the pak choi leaves and noodles. Stir together until the leaves are wilted and the noodles are warmed through. Serve in deep bowls with fresh coriander leaves scattered on the top.

# THAI GREEN LAMB STIR-FRY WITH NOODLES AND PEANUTS

Noodle based stir-fries are a delicious way to get your quota of protein, carbohydrates and vegetables into one meal. Healthy, quick and easy.



## Ingredients

Serves 3-4

650g Boneless leg of lamb cut into ½ inch strips

2 tbsp Soy sauce

2 tsp Cornflour

200ml Chicken stock

2 Bunches of spring onion stalks

140g Dried egg noodles

3 tbsp Cooking oil e.g. groundnut oil

100g Shemin's Thai Green Curry Paste

60g Dried roasted peanuts roughly chopped

Juice of ½ lime

Lime slices to serve

## Method

1. Put the lamb strips into a shallow bowl. Sprinkle with soy sauce and cornflour, tossing well to cover. Cover and leave to marinate in the fridge for at least 1 hour.
2. Trim and slice the spring onion stalks into 2cm length pieces.
3. Cook the noodles according to the packet instructions. Drain and return to the pan, toss with 1 tbsp of oil.
4. Heat a wok over a high heat. Add the remaining oil and stir-fry the lamb for 3 minutes or until no longer pink. Add Shemin's Thai Green Curry Paste and stir for another minute. Pour the stock mixture and stir until boiling.
5. Add the noodles, tossing to coat with the sauce. Then add the spring onion stalks and stir-fry for a few seconds until wilted. Sprinkle with peanuts and lime juice and serve at once with lime slices.

# THAI GREEN CHICKEN SALAD

This is a really lovely salad, perfect for summer lunches. It's light and refreshing and really delicious.



## Ingredients

Serves 4

4 Chicken breasts

100g Shemin's Thai Green Curry Paste

Small handful of mint roughly chopped

1 tsp Palm or brown sugar

2 Small green chillies, with the seeds removed from one of them (or both depending on how hot you like it)

200ml Coconut milk

Juice from 1 lime

### For salad:

1 Packet of rocket or mixed leaf baby salad

2 Spring onions

Small handful of fresh coriander or basil leaves

1 handful of cashew nuts split into half

## Method

1. To make the marinade for the chicken, mix together Shemin's Thai Green Curry Paste, mint, sugar and chillies in a large, shallow non-metallic dish. Add the coconut milk, stir together and add the chicken, making sure each piece is completely coated in the mixture. Leave to marinate for a few hours.
2. About 15 minutes before you are ready to cook the chicken, preheat the oven to 180°C (or turn the grill on to medium / high). Squeeze the lime juice onto the marinating chicken. When the oven is hot, arrange the chicken in a roasting dish in a single layer with a little bit of the marinade spooned on top. Cook for about 25 minutes and check to see if it's cooked, and give it another 5 minutes if needed. Chicken breasts really shouldn't need anymore than 30 minutes to cook, unless they are really thick.
3. You can make the salad with the chicken more or less straight after cooking, or cool and keep the cooked chicken in the fridge until ready to make the salad. When ready to serve, scatter the serving dish with the rocket. Slice the chicken and arrange on the plate in a single layer and top with the spring onions, coriander or basil leaves, cashew nuts, and a squeeze of lime juice.

# HOT BEEF AND COCONUT CURRY

Although Thai green paste is not traditionally used with beef, we absolutely loved this curry served on top of fluffy white rice. Yum!



## Ingredients

Serves 5-6

800ml Coconut milk

100g Shemin's Thai Green Curry Paste

800g Braising steak

4 tbsp Lime juice

3 tbsp Thai fish sauce

2 Green chillies deseeded and sliced

1/2 tsp Salt

3 tbsp Chopped fresh basil

3 tbsp Chopped coriander leaves

Shredded coconut to garnish (optional)

Freshly cooked rice to serve

## Method

1. Place the coconut milk in a large saucepan and bring to the boil. Reduce the heat and simmer gently for 10 minutes or until it has thickened. Stir in Shemin's Thai Green Curry Paste and simmer for a further 5 minutes.
2. Cut the beef into 2cm chunks. Add to the pan and bring to the boil, stirring constantly. Reduce the heat and stir in the lime juice, fish sauce, chilli and half a teaspoon of salt.
3. Cover the pan and continue simmering for 35-40 minutes or until the meat is done, adding a little water if the sauce looks too dry.
4. Stir in the basil and coriander leaves, and garnish with shredded coconut before serving with boiled rice.

# THAI GREEN LAMB CURRY

Green curry with coconut milk is one of my favourite Thai dishes and it doesn't get much better than this deliciously tasty lamb dish.



## Ingredients

Serves 5-6

2 tbsp Vegetable oil

1 Large onion, sliced

800g Lean boneless leg of lamb cut into 3cm cubes

100g Shemin's Thai Green Curry Paste

400ml Coconut milk

1tbsp Palm or brown sugar

1 large Green pepper, deseeded and sliced thickly

250ml Lamb or beef stock

1 tbsp Thai fish sauce

2 tbsp Lime juice

225g Canned water chestnuts, drained

3 tbsp Chopped fresh coriander

3 tbsp Chopped fresh basil plus extra for garnish

## Method

1. Heat a wok over a high heat, then add oil. Add the onions and stir-fry for 2-3 minutes until soft. Add the lamb and stir-fry quickly until light brown.
2. Stir in Shemin's Thai Green Curry Paste and cook for a minute, then add the coconut milk and sugar, and bring to the boil. Reduce the heat and simmer for 15 minutes while stirring occasionally.
3. Stir in the green pepper, stock, fish sauce and lime juice, then cover and simmer for a further 15 minutes or until the lamb is tender.
4. Add the water chestnuts, coriander and chopped basil, and season to taste with salt and pepper. Transfer to a serving dish, then garnish with basil leaves and serve immediately.

# FRIED RICE WITH PRAWNS

A taste of Thailand that is ready in just a few minutes. Fried rice always goes so well with prawns and our paste gives the rice a great fresh flavour.



## Ingredients

Serves 3-4

2 tbsp Oil

100g Shemin's Thai Green Curry Paste

240g Raw prawns peeled and deveined

2 tbsp Fish sauce

¼ tsp Light soy sauce

800g Boiled fragrant rice

1 Sweet red pepper deseeded and sliced

2 Spring onions sliced in 2.5cm or 1 inch length

Coriander leaves to garnish

## Method

1. Heat the oil until it's hot in a wok or frying pan. Add Shemin's Thai Green Curry Paste and prawns, and stir quickly. Add the fish sauce and soy sauce; stir and cook for a few seconds until the prawns are opaque and cooked through. Add the cooked rice and stir thoroughly. Add the sweet pepper and spring onions, and stir quickly to mix.
2. Place on to a serving dish and garnish with a few coriander leaves.

# THAI FISH CAKES

Delicious, spicy and wonderfully moreish - these easy Thai fishcakes can be made with any inexpensive white fish.



## Ingredients

Serves 4

650g Boneless fish fillets (Whiting, Pollock, Coley etc)

1 Small red pepper chopped

5 Spring onions chopped

1 tbsp Fish sauce

100g Shemin's Thai Green Curry Paste, or less if you want the fishcakes more mild.

135ml Coconut milk

1 Whole egg

1tbsp Juice of lime

150g Green beans

Oil for frying

## Method

1. Cut the fish into small pieces. Then place the red pepper, spring onions and fish sauce into a food processor and blend to a paste.
2. Add Shemin's Thai Green Curry Paste and the fish pieces to the paste and blend well. Mix to a smooth paste adding lime juice, coconut milk and egg.
3. Place the mixture in a bowl. Slice the beans finely into 3mm pieces and stir into the fish paste. Chill in the refrigerator either overnight or for at least two hours.
4. Half-fill a non-stick frying pan with oil and heat over a medium to high heat. Shape the chilled paste into small patties with the help of a spoon. Carefully lower the fish patties into the hot oil in batches (the oil should reach halfway up the sides of the patties). Fry until crisp and brown, turning once during cooking. Remove from the oil using a slotted spoon and set aside to drain on kitchen paper. repeat the process with the remaining fish patties.

# MUSSELS WITH THAI GREEN COCONUT SAUCE

Try this recipe for mussels served in a spicy Thai broth. Make sure you have some hot bread ready to dip into the broth. Delicious!



## Ingredients

Serves 3-4

1kg Fresh live mussels

2 tbsp Sunflower oil

1 Medium onion, finely chopped

100g Shemin's Thai Green Curry Paste

400ml Coconut milk

½ tsp Brown or palm sugar

1 tbsp Fish Sauce

1 Bunch fresh coriander (optional)

Juice of 1 lime

## Method

1. Scrub the mussels and scrape off any barnacles and remove the beards. Chuck away any mussels that are damaged in any way or do not close when you tap them on the side of the sink. Place the mussels in a container.
2. Heat the oil over a low heat, in a large pan that has a lid. Very gently fry the onions for 8-10 minutes, without covering, until well softened but not coloured, stirring regularly. Stir in Shemin's Thai Green Curry Paste and cook for another minute, stirring constantly.
3. Pour over the coconut milk, fish sauce, sugar and coriander. Bring to simmer and cook for 5 minutes.
4. Add the mussels and cover the pan with the lid and cook until the mussels have steamed open. Remove the lid after 2 minutes of cooking and turn the mussels with a spoon to ensure that they cook evenly. Cover again and cook for a further 1-2 minutes, giving the pan a good shake now and again. The total steaming time shouldn't be more than 4 minutes. Stir in the juice of the lime.
5. Remove the pan from the heat and using a slotted spoon, serve the mussels into a wide warmed bowl. Pour the sauce over the top so that it can be mopped up with some lovely fresh bread.

# THAI PRAWN AND AUBERGINE CURRY

This deliciously fragrant and speedy prawn curry will definitely spice up your week, ready in just 20 minutes.



## Ingredients

Serves 5-6

1 tbsp Cooking oil

1 Medium aubergine cut into 2cm chunks

100g Shemin's Thai Green Curry Paste

400ml Coconut milk

120g Fine green beans

100ml Stock

½ tsp Palm or brown sugar (optional)

1 tbsp Thai fish sauce

900g Peeled and deveined king prawns

1 Lime zest and juice

Small bunch chopped fresh coriander

Steamed jasmine rice to serve

## Method

1. Heat the oil in a wok or large frying pan over a medium heat. Add the chopped aubergine and fry for 2-3 minutes until browned all over and starting to soften.
2. Add Shemin's Thai Green Curry Paste and fry for 1-2 minutes until cooked and fragrant.
3. Add the coconut milk, bring to the boil then lower the heat to a simmer. Add the green beans and continue cooking for 2-3 minutes, stirring occasionally.
4. Allow the coconut milk to thicken slightly before adding the stock.
5. Add the sugar and fish sauce to the curry.
6. Add the raw prawns and cook for 3-5 minutes until they turn pink and are cooked through.
7. Stir in the lime juice, zest and chopped coriander.
8. Serve with jasmine rice.

# FISH IN THAI GREEN CURRY SAUCE

Light and fresh, with great flavour - this Thai fish curry features the classic combination of coconut milk and green curry paste.



## Ingredients

Serves 5-6

2 tbsp Vegetable oil

100g Shemin's Thai Green Curry Paste

1 Small aubergine diced

400ml Coconut milk

2 tbsp Fish Sauce (optional)

1 tsp Brown or palm sugar

900g Firm white fish fillets cut into pieces

200ml Fish or vegetable stock

Juice of ½ lime

## Method

1. Heat the oil in a large frying pan or preheated wok over a medium heat. Add Shemin's Thai Green Curry Paste and stir-fry for a few seconds before adding the aubergine. Stir-fry for 3-4 minutes until soft.
2. Add the coconut milk, bring to the boil and stir until it thickens, about 10 minutes. Add the fish sauce and sugar, and stir well.
3. Add the fish pieces and stock. Simmer for 3-4 minutes, stirring occasionally until the fish is tender. Gently stir in the lime juice. Transfer to a warmed serving dish and serve with some boiled rice.

# THAI STIR-FRY

This recipe is extremely healthy in addition to being scrumptiously good. So go ahead - stir up something delicious!



## Ingredients

Serves 4-5

- 1 Butternut squash peeled and cut into medium chunks
- 1 Red pepper deseeded and cut into medium chunks
- 1 tbsp Groundnut oil and Sesame oil
- 120g Baby corn
- 100g Shemin's Thai Green Curry Paste
- ½ A fresh red chilli (optional)
- 300ml Coconut milk
- 100ml Vegetable stock
- 75g Mange tout
- 1 tsp Palm or brown sugar
- 1 tbsp Soy sauce
- 1 tbsp Fish Sauce (optional)
- 1 Lime
- 2 tbsp Chopped coriander, and chopped red chilli for garnish

## Method

1. Preheat the oven to 190°C. Add the squash and the pepper to a roasting tray. Drizzle with a bit of olive oil. Sprinkle with a pinch of salt and pepper, and toss together. Roast in the hot oven for about 30 minutes, or until golden and slightly charred. Remove from the oven and put aside.
2. Place a large pan or wok over a high heat. When it's really hot, add the groundnut and sesame oil, swirl them around, then carefully drop in the baby corn and Shemin's Thai Green Curry Paste, and stir-fry for about 30 seconds.
3. Pour in the coconut milk and stock. Add the mange tout, roasted squash, roasted pepper and sugar. Give it all a good stir, bring to the boil and cook for a few minutes.
4. Add the soy and fish sauce. Have a taste and add a bit more soy sauce if you think it needs it. Push down on the lime and roll it around to get the juices going, then cut it in half. Squeeze the juice into the pan - this will give your curry a lovely flavour.
5. Serve the curry sprinkled with the coriander leaves and the chopped red chilli, and if you like, with some fluffy rice.

# GREEN CURRY WITH MIXED LEAVES

A super-easy and healthy supper. Serve with white or brown rice for a more substantial meal. You can also add some broccoli or mange tout.



## Ingredients

Serves 3-4

2 tbsp Cooking oil

2 Spring onions, thinly sliced

2 Bunches fine asparagus spears

400ml Coconut milk

100g Shemin's Thai Green Curry Paste

225g Baby spinach leaves

2 heads Pak choi, chopped

1 Small head Chinese leaves, shredded

3 tbsp Chopped coriander leaves

Juice of ½ a lime

Freshly cooked rice to serve

## Method

1. Heat the wok over a medium heat and add oil. Add the onions and asparagus, and stir-fry for 1-2 minutes.
2. Add coconut milk, Shemin's Thai Green Curry Paste and bring gently to boil while stirring occasionally. Add the spinach, pak choi and Chinese leaves stirring for 2-3 minutes, until wilted. Add the coriander, lime juice and stir well. Serve immediately with rice.

# CHICKEN CURRY WITH A THAI TWIST

This is one of the best curries we've ever eaten. The secret? We mixed our Indian curry paste with our Thai curry paste. It was absolutely, mouth-wateringly, mind-blowingly delicious. Trust us, you'll love it as much as we do.



## Ingredients

Serves 6

2 tbsp cooking oil

2 Medium sized onions, sliced

Approx. 1/2 cup water

100g Shemin's Indian Curry Paste

1kg Chicken diced, thigh or breast

400ml tin chopped tomatoes

400ml tin coconut milk

1tsp Shemin's Thai Green Curry Paste

Juice of 1-2 limes or to taste

Salt to taste

3-4 tbsp Chopped coriander leaves

## Method

1. Heat the oil in a large pan, fry the onions until golden brown.
2. In a separate bowl mix Shemin's Indian Curry Paste with water so that it is the consistency of thick cream.
3. Add the mixture to the browned onions and let it simmer for five minutes or until you see the oil rising to the top. If the mixture gets too dry, add a little water.
4. Next add the chicken and let it cook gently for a couple of minutes.
5. Add a tin of chopped tomatoes and leave the curry to simmer for five minutes or until it is thick and the juices from the tomatoes have reduced.
6. Add the coconut milk and 1tsp of Shemin's Thai Green Curry Paste, cook until the chicken is done approx. 10 mins.
7. Add the lime juice and adjust the seasoning. Add chopped coriander before serving.

# DELICIOUS ASIAN FUSION GRILLED CHICKEN

I have always loved combining flavours of different cuisines and creating exciting new combinations. Our whole family loved this grilled chicken and it was delicious for lunch the next day too.



## Ingredients

1kg Chicken thighs and drumsticks or breast if you prefer

300ml Natural yogurt or crème fraiche

50g Shemin's Indian Curry Paste (more if you like it spicy)

50g Shemin's Thai Green Curry Paste (more if you like it spicy)

2 tbsp Worcestershire sauce

½ tsp salt (optional)

## Method

1. Combine the yogurt or crème fraiche with all the other ingredients. Mix well.
2. Pour the mixture over the chicken making sure you get the marinade under the skin of the chicken. Cover and keep in the fridge for at least 2 hours or longer if possible.
3. Bake in a hot oven for 45 minutes or until cooked and the juices of the chicken run clear. If you prefer, you can cook the chicken under a hot grill first and then finish it off in the oven. Serve with rice or salad.