

Thai Style Coconut Basil Sauce



Sirve:

3 cups, 6 - 8 servings

Pieza:

Saladmaster Food Processor

1 ½ Qt./1.4 L Sauce Pan with Cover

Valora: ★★☆☆☆

Contribuido por:

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Descripción de la Receta:

This simple and flavorful sauce is easy to make and great to have on hand. Serve this with grilled fish or chicken prepared on the Smokeless Broiler. Add extra vegetables directly to the sauce and simmer until tender for a vegetarian entree to serve over rice noodles.

3 cloves garlic, shredded, use Cone #1
1 small
onion, sliced, use Cone #4
1 red bell pepper, sliced, use Cone #4
13.5 ounces
light coconut milk
(400
ml)
1 tablespoon
fresh ginger, peeled and shredded, use Cone #1
(6
g)
2 teaspoons
fish sauce
(10
ml)
1 tablespoon
red curry paste
(16
g)
1 lime, juiced
½ teaspoon
sea salt
(3
g)
2 scallions, thinly sliced
½ cup
fresh basil leaves, chopped
(21
g)

Preparación :

1. Preheat sauce pan over medium heat. When several drops of water sprinkled in pan skitter and dissipate, add garlic, onions and peppers. Sauté for 3 - 4 minutes until softened.
2. In a bowl, mix together coconut milk, ginger, fish sauce, red curry paste, lime juice and salt. Add to pan and cover.
3. When Vapo-Valve™ begins to click steadily, reduce heat to low and cook sauce for 5 - 7 minutes. Remove cover and cook for 3 minutes longer to reduce sauce slightly and thicken. Turn off heat.
4. Add scallions and basil leaves. Taste and adjust seasonings as needed.

Consejos:

- Store sauce in refrigerator until needed.
- For a less spicy sauce, reduce red curry paste by half the amount.

Información nutricional por ración

Based on 6 servings

Calorías: 62

Grasa Total: 4g

Grasa 4g

Saturada:

Colesterol: 0mg

Sodio: 380mg

Carbohidratos: 6g

Fibra 2g

Dietética:

Azúcar: 3g

Proteína: 2g