

THAI GREEN CURRY MEATBALLS WITH JASMINE RICE

for meatballs:

- 1/3 cup panko breadcrumbs
- 2 tablespoons milk
- 3 tablespoons minced onion
- 2 tablespoons minced cilantro
- one clove of garlic, minced
- one large egg
- 1 tablespoon sunflower oil
- 1 teaspoon fish sauce
- 1 heaped teaspoon Thai green curry paste
- 1 teaspoon palm sugar
- 1/4-to-1/2 teaspoon salt
- 1/8 teaspoon black pepper
- 1/4 teaspoon white pepper
- a pinch of nutmeg
- 16 oz minced beef or pork

for curry sauce:

- 3 tablespoons Thai green curry paste
- 1 tablespoon palm sugar
- 19 oz thick coconut milk
- 1 1/2-to-2 cups mild chicken stock
- 3 red chiles, stems removed, de-seeded, left whole
- 20 oz trimmed green beans, cut into 2-inch pieces
- *alternatively you can use one eggplant, cut into 1 1/2-inch cubes
- 2 teaspoons lime juice
- 1 teaspoon fish sauce
- salt and black pepper, if needed
- 1/2 cup Thai holy basil, thorn into pieces

for steamed rice:

2 1/2 cups jasmine rice

3 3/4 cups water

2 tablespoons sunflower oil

2 teaspoons salt

Prepare meatballs. Combine all ingredients, except minced meat, until a smooth paste is formed. Using your fingertips, mix in meat until just blended do not overmix or you will end up with dense meatballs. Cover with plastic wrap and refrigerate for about 25 minutes.

Lightly oil or slightly wet your hands and form 32-to-40 not too tight meatballs; place onto a parchment lined sheet pan. Heat a little bit of oil in a fry pan and sear balls until a brown crust is formed all over. Set aside.

Prepare green curry sauce. Combine curry paste, sugar, coconut milk, chicken stock and chiles and bring to a boil. Add seared meatballs and bring to a gentle boil once more. Reduce heat to medium-low and braise for 10 minutes. Gently toss in green beans or eggplant, lime juice and fish sauce. Cover and cook for 12 minutes. Uncover and cook for another 5 minutes or so until meatballs are thoroughly cooked and vegetable done to your liking. Turn off heat. Season with salt and pepper if necessary; toss in basil leaves.

Prepare steamed jasmine rice. Bring water to a boil over medium-high heat. Add salt, oil and rice. Bring contents to a boil once more. Reduce heat to low and cook, covered, 15-to-18 minutes. Turn off heat and let stand 3 minutes. Gently fluff with fork, cover with a kitchen towel and set aside for 10 minutes. Fluff once more just before serving.