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Kaeng Ped Pett Yang (Red Duck Curry)

Source: Food Safari Cookbook

Ingredients – Red Curry Paste :

10 dried long chillies, softened in warm water for 10 minutes,
drained

2- 3 fresh small red chillies

1 lemongrass stalk, white part only, sliced

2cm piece of galangal, sliced

1cm piece of fresh turmeric, sliced (or a good tbsp of
powdered turmeric)

7 garlic cloves

1 shallot, sliced

Rind of 1 kaffir lime

1 tbsp shrimp paste

125ml water

Vegetable oil

Curry:

400ml coconut milk (I only use the reduced fat product which
is only 6 % fat)

300g roasted duck meat, skin removed, broken into large bite
sized pieces

1 tbsp fish sauce

4 tinned lychees and 1 tbsp juice from the tin (I used the
whole tin of lychees)

4 bite sized chunks of fresh pineapple (fresh is best here)

100g apple eggplants, cut into wedges
100g pea eggplants
1 long red chilli, diagonally sliced
6 kaffir lime leaves, torn
50g Thai basil leaves, torn
1 small can of sliced water chestnuts
1 small can of julienne bamboo shoots
1 can of straw mushrooms
1 can of baby corn shoots
2 fresh carrots, cut into batons/julienne
1 handful of fresh green beans, cut into half

Method:

1. Put the curry paste ingredients other than the oil in a blender and process to a smooth paste.
 2. Heat a little oil in a small frying pan and fry the paste for 10 minutes to remove the raw taste. Spoon into a jar.
 3. Heat half of the coconut milk in a saucepan over medium heat. Add 3 tablespoons of curry paste (store the rest in the refrigerator) and stir well to combine. Cook for about 5 minutes, until the oil starts to come to the surface. Add the duck, fish sauce, lychees, lychee juice, pineapple and remaining coconut milk. Bring to the boil and add the eggplants and chilli. Cook for a few minutes, until the eggplants are just tender. Add the canned veg just before the eggplants are tender and cook till carrots are just tender. Stir in the lime leaves, then remove from the heat and stir in the basil. Serve with steamed rice.
- * Serves 4 but will stretch much further with the added vegetables.