

THE UN-COOKBOOK

OF

OUR FINAL
FREEZER



THAI CHICKPEA CURRY

IT'S RICH. IT'S COMPLEX. IT'S GOT GARLIC, GINGER, FISH SAUCE, AND CURRY. IT'S CHEAP. IT'S (MOSTLY) VEGAN. IT'S MADE IN ONE POT. IT KEEPS WELL IN THE FRIDGE.

DO YOU REALLY NEED MORE REASONS?

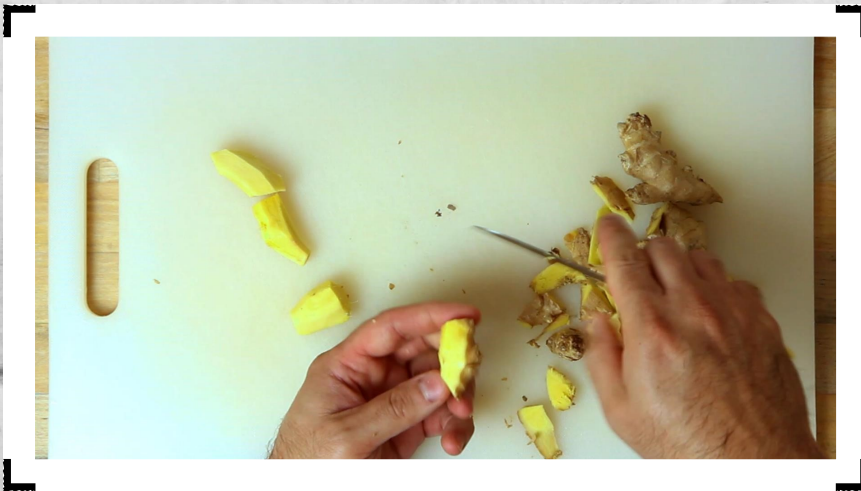
GET ON BOARD AND GET INTO SOME CHICKPEA CURRY.

EQUIPMENT YOU'LL NEED

- ___ CUTTING BOARD
- ___ CHEF KNIFE
- ___ PARING KNIFE
- ___ CAN OPENER
- ___ LARGE POT
- ___ SPOON

INGREDIENTS YOU'LL NEED

- ___ 3 15-OUNCE CANS OF CHICKPEAS
- ___ 1/2 15-OUNCE CAN OF COCONUT MILK
- ___ 3 "SHAKES" OF FISH SAUCE
- ___ 1 HEAD OF GARLIC
- ___ 1 HAND OF GINGER
- ___ 1 4-OUNCE CAN OF THAI RED CURRY PASTE
- ___ OLIVE OIL (ENOUGH TO COAT THE BOTTOM OF THE PAN)



YIELD

YIELDS 10. APPROXIMATELY 4 OUNCE SERVINGS.
 (BUT GOOD LUCK STOPPING AT 4 OUNCES).
 CALORIES PER SERVING: ABOUT 160



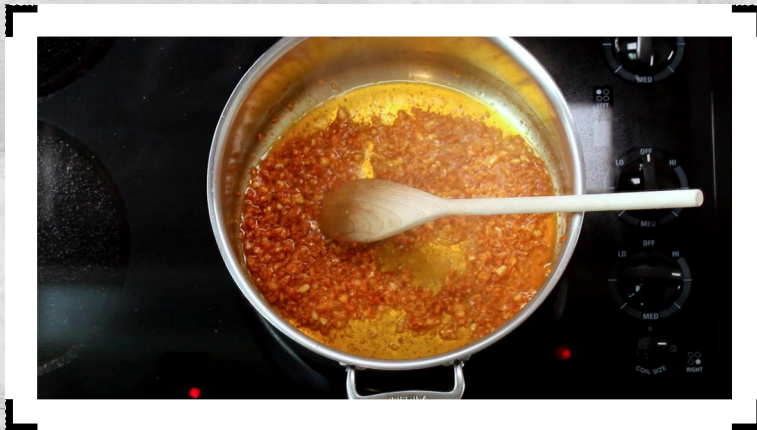
WHAT YOU'LL NEED TO DO

1 PREPARE THE HEAD OF GARLIC AND THE GINGER. PEEL AND DICE EQUAL AMOUNTS OF GINGER AND GARLIC. SEE OUR VIDEO FOR TECHNIQUES.

2 ADD OLIVE OIL TO THE POT AND TURN THE STOVE TO HIGH.

3 WHEN THE OIL IS HEATED, ADD GINGER, GARLIC, AND 1/4 OF A 4-OUNCE CAN OF THAI RED CURRY PASTE.

4 STIR AND SAUTEE INGREDIENTS FOR SEVERAL MINUTES.



5 ADD 3 CANS OF CHICKPEAS.

6 SHAKE THE CAN OF COCONUT MILK VERY WELL TO ELIMINATE LIQUID SEPARATION IN THE CAN. THEN, ADD 1/2 OF THE CAN TO THE POT.

7 ADD 3 "SHAKES" OF FISH SAUCE ONTO THE CHICKPEAS. (YEAH, IT SMELLS.)

8 COVER THE POT AND SIMMER FOR 20 MINUTES ON LOW TO LOW-MEDIUM, DEPENDING ON YOUR STOVE. YOU SHOULD NOT SEE TOO MUCH STEAM COMING OUT FROM THE LID.

9 TASTE THE CHICKPEAS. ADD MORE FISH SAUCE IF YOU NEED MORE SALTINESS. REMEMBER TO COOK FOR SEVERAL MINUTES IF YOU ADD MORE FISH SAUCE.

10 TASTE AGAIN. IF IT'S PERFECT, YOU ARE DONE.