

Qhia Ua Taub Thaib Curry (Thai Pumpkin Curry Recipe)

Txaus Noj: 4-6 pluag

Khoom Sib Tov

2 lub taub me (small squashes/pumpkins) (li ntawm 3 1/2 phaus)

Roj olive

2 kho mov txua

1 1/2 Tablespoons roj olive

2-3 Tablespoons kua txob Thaib ua cov curry liab (Thai red curry paste)

1 poom 15-oz kua mis maj phaub uas tsis nyeem (lite)

2 lub kua txob Thaib lossis

1/2 teaspoon cayenne pepper (nyob ntawm koj xav tso)

1 Tablespoon naab pas

1 teaspoon piam thaj nyoos

1 khob taum Fabkis (French beans), muab phua ob sab

1 lub kua txob pawg liab (red bell pepper), muab hlais ua tej tug

1/2 dos daj, hlais ua ib feem pluab (quartered)

Ib co zaub ntxhw, muab hlais ua me me

5-7 nplooj zaub txig theem (basil leaves), muab dua



Lus Taw Qhia Rau Cov Neeg Laus

- Taw lub qhov cub kom kub mus txog 400 degrees F.
- Pab saib xyuas kev hlais zaub thiab ua noj saum lub qhov cub.

Lus Taw Qhia Rau Cov Menyuum Yaus

- Muab cov taub phua ua ob sab ces kaus cov noob tawm. Muab ib daim ntawv baking sheet nrog ntawv ci ces pleev cov roj olive rau. Muab cov taub tso rau daim ntawv baking sheet, sab tawv tig tuaj. Cub rau li ntawm 30 feeb, lossis kom mos thiab thaum siv rab riam nkaug tseem tsis tau lwj heev.
- Siv ib lub lauj kaub lossis tsu ua mov los pib ua cov mov. Muab ua noj raws li cov lus qhia hauv lub hnab mov.
- Muab roj hliv rau ib lub yias loj loj thiab taws qhov cub kom ib nyuag yau (medium heat). Daus cov kua txob curry rau hauv cov roj. Muab do ua ke thiab taws qhov cub kom yau, kib kom tsw qab, li ntawm 10 chib (seconds). Muab theem kua maj phaub uas nyeem sau toj daus xyaw nrog cov kua txob kib. Muab do sib xyaw. Maj mam muab cov kua maj phaub hliv tso rau hauv lub yias thiab muab do kom sib xyaw (li ntawm 1 lossis 2 feeb).
- Ntxiv 1/4 khob dej rau cov kua hauv yias, nrog rau cov kua txob lossis cayenne (yog tias koj siv), naab pas, thiab piam thaj. Muab haus kom npau mentsis.
- Muab cov taub kaus tawm. Ces muab cov taub, kua txog pawg, taum, dos, zaub txig theem, thiab cayenne (yog tias siv), ces taws qhov cub kom yau thiab muab kib kom siav tiamsis cov zaub tseem tsis tau tuag ces muab rho tawm.
- Daus noj nrog mov, tso zaub ntxw rau.

Nej Cov Ncuav Xees Viv Tuaj Yeem Pab Tau Ntiaj Teb! Ntaub Ntawv Kawm Paub Txog Zaub Mov © 2021 Chaw Paub Txog Zaub Mov. Cov cais tas nrho raug ceev tseg.

Txwv tsis pub luam theej los yog faib tawm yog tsis muaj ntawv sau tso cai.

Nriav cov ntawv qhia ua zaub mov ntxiv nyob rau ntawm:
www.foodliteracycenter.org

