

# How To Make Thai Curry Paste

Hands-on 10 minutes Overall 10 minutes

**Nutritional values (per serving, 1 tbsp, 15 g/ 0.5 oz):** Total carbs: 2.6 g, Fiber: 0.5 g,

**Net carbs: 2.1 g**, Protein: 0.4 g, Fat: 0.1 g, Calories: 12 kcal,

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## Ingredients (makes about 1 1/2 cups)

### Curry paste:

- 3 medium shallots *or* brown onion (150 g/ 5.3 oz)
- 2 heads garlic, about 16 cloves (50 g/ 1.8 oz)
- 1/3 cup sliced ginger root (80 g/ 2.8 oz)
- 2 tbsp fresh turmeric root (12 g/ 0.4 oz) - *see notes below*
- juice and zest from 1 lime
- 2 lemongrass stalks, peeled
- 10-20 green or red Thai chilies, deseeded (40 g/ 1.4 oz) - *size varies*
- 2 tbsp fish sauce *or* [coconut aminos](#)
- 1 tsp [cinnamon](#)
- 1 tsp sea salt
- 1/4 - 1/2 cup fresh cilantro

### Spices for toasting:

- 1 tbsp coriander seeds
- 2 tsp cumin seeds
- 1 tsp whole peppercorns, white or mixed

## Instructions

1. Peel and roughly chop the shallots, garlic, ginger and turmeric root. Zest and juice the lime. Remove the outer woody lemongrass stalk, 1-2 layers as needed - only use the soft bulb inside. (Note: You can find fresh turmeric root in Asian grocery stores or on Amazon.)
2. Place the coriander seeds, peppercorns and cumin seeds in a hot pan and dry-roast briefly for just 30-60 seconds. Cut the stems off the chilies and remove the seeds (or keep some if you prefer your curry paste extra hot).
3. Place all the ingredients in a food processor or blender and process until smooth.

4. Place the paste in a jar and store in the fridge for up to a week.
5. Freeze any remaining curry paste in an ice-cube tray for up to 3 months.

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