



CONSCIOUS REWIRE

Evidence-Based Functional Nutrition

Red Thai Curry Paste
Flavor Density & Anti-Inflammatory Spices

www.consciousrewire.com

Red Thai Curry Paste

Flavor Density & Anti-Inflammatory Spices

What This Supports

Supports flavor layering, spice intake, and culinary variety.

Why It Works

Chili, garlic, and spices contribute bioactive compounds traditionally used to support inflammation balance.

Ingredients

Red Thai Curry Paste

Ingredients:

stalk lemongrass

.5 tsp peppercorns

.5 tsp coriander seeds

red Thai chilies, soaked in water

lime leaves

-3 shallots

-4 cloves garlic

-2 tbsp ginger

tbsp cilantro stems

25-.5 tsp salt

5 tbsp shrimp paste

tsp - 1 tbsp MCT oil

Directions

. Roughly cut ingredients and add to blender.

. Blend to desired texture.

Best Use

Use as a base for curries, soups, or marinades.

Food Notes & Safety

Handle chilies carefully and store cleanly.

Storage & Reheating

Refrigerate up to two weeks or freeze portions.