

Four-Speed Thai Chicken Recipe

1/2 whole chicken, cut into 5 pieces (or chicken breasts)
1/2 sweet potatoes (unpeeled), chopped into 1" pieces
1/2 red bell pepper, seeded and chopped
1/2 can (13-1/2 oz.) of light coconut milk
1/4 cup water
2 tbsp Thai yellow curry paste
1 tbsp soy sauce
2 tsp fish sauce
1/2 cup frozen edamame (use peas or mix veg too if you like)

Leaves and tender stems from 1 bunch of cilantro, chopped

Fast (15 minutes): Pile everything into a large pot as fast as you can. Bring to a full boil over high heat, stirring frequently. Cook 10 minutes. Eat. Clean.

Slow (50 minutes): Begin with a large pot over medium-high heat. Pile everything except the fish sauce, edamame and cilantro into the pot. Bring to a full boil, stirring frequently, then adjust the heat much lower, just enough to maintain a slow, steady simmer for about 20 minutes. Stir in the fish sauce with the edamame. Continue stirring for a few moments as the edamame heats through. Top with the cilantro, serve, and share.

Pressure Cooker Speedy (30 minutes): Pile all the ingredients except the cilantro, edamame and fish sauce into your pressure cooker. Bring to a full boil, then reduce the heat to medium. Fit the lid onto the pot, forming a tight seal. Cook, allowing the intense internal pressure to dramatically speed up tenderness, about 15 minutes. After a few minutes your pressure cooker will begin to ominously hiss and steam — this is normal. After 15 minutes turn off the heat and wait 5 minutes, allowing the pressure to begin to dissipate. Before removing the lid, depress the pressure-relief valve until the steam fully subsides. Remove the lid. Stir in the fish sauce and edamame, ladle into bowls, top with the cilantro, serve, and share.

Slow Cooker Slow (6-8 hours): Fill your slow cooker with all the ingredients except the fish sauce, edamame and cilantro. Stir well to combine all the intense flavors. Set a long, slow speed and walk away confidently. Come back when you're hungry, in 6 or 8 hours or so. Stir in the fish sauce and edamame, ladle into bowls, top with the cilantro, serve, and share.