

PANANG CURRY

Thai cooking was the theme of our latest meeting of the CDWU group and here is one of the dishes we prepared. By chance, the member who had randomly chosen Thai cuisine turned out to have attended a cooking course in Thailand! An excellent multi-course meal was duly served up, using the original Thai recipes. That said, we did manage to confuse tsp with tbsp when it came to the fish sauce, although I blame the sous-chefs!

Ingredients

- 300-400g fresh chicken, diced
- 1 can full-fat coconut milk
- 3-4 kaffir lime leaves (if no fresh use dried leaves)
- 1tbsp Panang curry paste (see below)
- 1 large de-seeded red chilli (large are less hot) finely sliced for decoration
- 2 tsp palm sugar
- 2-3 tsp of fish sauce



Method

Boil 3 tbsp of coconut milk in a wok (or large frying pan) over a low heat until oil appears on the surface.

Add curry paste and stir for 1 minute or until fragrant.

Add chicken and cook until it turns white.

Add coconut milk and bring to the boil. Season with palm sugar and fish sauce (and kaffir lime leaves, if using dried)

Let it boil until thickens and chicken cooked through.

Remove from heat add (if using fresh) kaffir leaves and garnish with red chilli to serve.

Serve with boiled rice to your own recipe.

PRIK GANG PED (Red Curry Paste)

This is the basic recipe for a Red Curry paste with the option of adding roasted peanuts to make it into a Panang Curry paste. The paste will keep in the fridge and any leftover paste can also be frozen. If you use the milder large red chillies, it shouldn't be too hot! (Continued overleaf)

Ingredients

100g dried large red chilli – soaked and chopped

10g crushed coriander seed

10g shallot

10g garlic

1 stalk fresh lemongrass (not dried! If you cannot get fresh then use lemongrass paste)

10g galangal paste (galangal and lemongrass pastes are available in large supermarkets)

1tbsp turmeric powder (NB likely to stain hands and utensils)

20g lime skin

40g crushed roasted peanuts, if making Panang curry paste

Preparation

Put all ingredients in a food-processor and blend until you have a smooth paste.

Enjoy!

