



PHANAENG MOO : AUTHENTIC PANANG CURRY

Chef Bow from Karma Apsara in Koh Samui returns this week with a classic Thai curry – and remember, if you want a truly authentic version, don't skimp on those Thai red chillies!

Phanaeng curry, often called Panang, is a red Thai curry, richer and thicker than most red curries, and with a salty, sweet and zesty Kaffir lime flavour. This popular dish is available through all regions of the Thai Kingdom and usually paired with pork and rice.

The curry paste is made with dried Thai chillies, galangal, lemongrass, Kaffir lime zest, coriander root, coriander seeds, cumin seeds, garlic, shallots, shrimp paste, salt and peanuts. Phanaeng is usually made by just mixing the curry paste with coconut milk in a saucepan and adding pork meat cut into thin strips. Palm sugar and fish sauce are added to taste. The dish is then plated and topped with thinly sliced Kaffir lime leaves and Thai chillies. Best served with a side of Jasmine rice.

Ingredients

- 100 grams of Pork meat
- 50 ml Coconut milk
- 10 gr of Palm sugar
- 5 ml of Fish sauce

Curry paste

- 1 Lemongrass stalk
- 50 gr of Red Thai chillies
- 20 gr of Galangal
- 5 gr of Kaffir lime zest
- 5 gr of Coriander root
- 5 gr of Coriander seeds
- 5 gr of Cumin seeds
- 2 pieces of Garlic
- 1 small Shallot
- 5 gr of Shrimp paste
- 5 gr of Peanuts
- A pinch of Salt