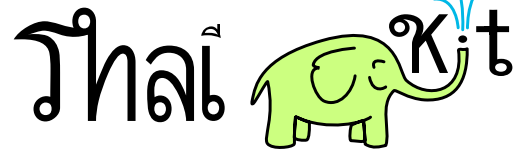


Panang Curry



Panang Curry Paste - Product of Thailand - **Ingredients:** Chilli, Lemongrass, Shallot, Garlic, Salt, Galangal, Peanut, Shrimp Paste, Kaffirlime Peel, Coriander Powder, White Pepper Powder - **Imported By:** Double Happiness Wholesale Ltd, Freshwater Rd, Essex, RM18 1RF **Made By:** Globo Foods, Ltd, Samutprakarn, Thailand.

Fish Sauce - Product of Thailand - **Ingredients:** Anchovy Extract 77%, Salt 20%, Sugar 3% - Squid Brand Fish Sauce **Imported By:** SOP International Limited, Orland House, Mead Lane, Hertford, Herts, SG13 7AX - **Made By:** Thai Fishsauce Factory (Squid Branch) Ltd, 191 M1 Vitanvittee Rd, Tambon Banhchakrang, Muang District, Samutsongkram, 75000, Thailand **Warning** Contains: Fish (Anchovy)

Coconut Cream - Product of Thailand - **Ingredients:** 100% Coconut - **Manufactured By:** Chaokoh Brand Ampol Food Processing Ltd, Factor 57 Moo 3 Sampran, Nakornpatham, 73220 - **Imported By:** Double Happiness Wholesale Ltd, Freshwater Rd, Essex, RM18 1RF

Rice - Product of Thailand - **Ingredients:** Thai Jasmine Rice. **Imported By:** Westmill Foods, 26 Crown Road, Enfield, Middlesex EN1 1DZ.

Peanuts - 100% peanuts

Please note this product contains nuts.

Packed by ThaiKit, <http://www.thaikit.co.uk> 4 Alexander Court, Crows Road, Epping, Essex, CM16 5DA.
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See top of box for Best Before Date:

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Shopping Trip



Put your Coconut Cream in the fridge 1 hour before starting

You need to buy:
350g / 12oz of Meat
 Chicken Breast or
 Beef or Pork Fillet

Optionally buy:
250g/8oz Vegetables
 Butternut Squash, Cauliflower, Baby Corn

Garnish:
Fresh Red Chillis

Serves 2



Cooking and Preparation time 20 mins

Panang Curry

Thai: Gaeng Panang, แกงพะเนียง

This Peanut based curry is usually much drier than a Green or Red curry (unfortunately many recipes get this wrong). The sauce should end up very thick and rich.

Panang Curry is usually cooked as a pure meat dish, although at Thai Kit we often add a few vegetables to make a complete meal. If you want to add vegetables it's probably best to cook them separately and then add them at the end of cooking, otherwise they may not cook properly.

Put Coconut Cream in the fridge 1 hour before starting

- Chop your Chicken, Pork or Beef into thin slices about 5mm / $\frac{1}{4}$ inch thick.
 - If you want to add some **vegetables** we recommend cooking them separately and stirring them into the curry at the end. (Start cooking them now)
- Put rice and 400ml / 13.5 fl oz. of cold water in a saucepan, cover, bring to the boil then reduce to a simmer, turn off heat after 6 minutes. Keep it covered until serving. (it will continue to cook in the steam)



Put the curry paste into a saucepan and gently fry for 2 minutes, add in the chopped meat and fry for a further 5 minutes, keep stirring to make sure nothing burns or sticks.



Carefully cut the top off the Chilled Coconut Cream Carton and remove the hard cream with a spoon, place this straight into the saucepan and continue to cook for 5 minutes. You should now see the oil split and rise to the top, this is normal. If the curry starts to get too dry add a little of the watery Coconut Cream left in the carton.



Add the Fish Sauce, MSG, a teaspoon of sugar and Peanuts. **Check** the spiciness and add some Ground Chilli if required.

Optionally add in your cooked **vegetables** at this point, and stir well.



Thai way is to serve each person rice and put the curry in a communal bowl with a spoon. Garnish with chopped red chillis.