

| Curry                 | Meat          | Veg  | Extras                                  |
|-----------------------|---------------|--|---|
| Yellow (Gang Karri)   | Chicken (Gai) | boiled potatoes, onion                               | nam pla, sugar                          |
| Red (Gang Dang)       | beef (nuer)   |  |   |
|                       | pork (moo)    |  | nam pla, sugar, Kaffir lime             |
|                       | chicken (gai) | eggplant, zucchini, beans or bamboo shoot or nothing | leaves; with duck, lychees or pineapple |
|                       | duck (ped)    |  |   |
|                       | fish (pla)    |  |   |
| Green (Gang keow wan) | prawn (kung)  |  |   |
|                       | beef (nuer)   | maybe extra chile, bamboo shoot or zuchini,          | nam pla, sugar, Kaffir lime             |
|                       | chicken (gai) | eggplant,  | leaves, basil                           |
|                       | pork (moo)    | pumpkin, capsicum or beans                           |   |
|                       | fish (pla)    |  |   |

### 1 Thai-style curries

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| 1 | 1 tablespoon curry paste<br>1 tablespoon oil   | Fry curry paste in oil until fragrant  |
| 2 | 300–400g meat (not fish or prawns)             | Add finely sliced meat and stir-fry until meat is cooked.  |
| 3 | 500g prawns (Prawn red curry only)             | Shell and de-vein, but keep heads except for hard top  |
| 4 | 500g fish steaks (fish red/green curries only) | Wash well, trim any spines; cut into bite-sized pieces.  |
| 5 | 250ml coconut milk<br>250ml water              | Add coconut milk and water, and bring to boil. Add prepared prawns for a prawn curry. Add fish for a fish curry. |
| 6 | <b>Modification</b>                            | For thin coconut milk, use 500ml instead of milk + water   |

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| 7 | 1 tablespoon fish sauce<br>1 tablespoon sugar<br>100g vegetables<br>50g bamboo shoot<br>4 Kaffir lime leaves | Add vegetables and extra seasonings (2 tablespoons basil and 1 chili for fish curry; 1 chile for prawn curry) then simmer until cooked (5–10 minutes) |
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## 2 Thai Yellow Curry Paste

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| 1 | 8cm fresh turmeric root, peeled and roughly chopped<br>5 eschallots, finely chopped<br>3 tbspn fresh Galanga (Laos, Kha)<br>4 tbspn chopped or crushed garlic<br>3 tbspn sliced lemongrass<br>3 tbspn chopped chile<br>3 tbspn lime juice<br>1 tbspn ground coriander<br>3 teaspoons ground cumin<br>1/2 teaspoon peppercorns<br>2 teaspoon kapi<br>2 teaspoons salt | Purée all together in a blender until smooth  |
| 2 | 125ml oil  | Fry the paste in the oil on low heat, stirring constantly, for around 5 minutes, or until fragrant.<br>Bottle when cool. Keep refrigerated. |

## 3 Thai Red Curry Paste

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| 1 | 6 large dried red chile       | Soak chiles in enough hot water to cover them, for ten minutes. |
| 2 | 2 small brown onions, chopped | Add to chiles in blender, blend until smooth                    |

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| 3 | 2 tbspn chopped coriander root<br>1 tbspn chopped Galanga (fresh, or brined)<br>1 tbspn ground coriander<br>2 teaspoons ground cumin<br>2 teaspoons kapi<br>2 teaspoons paprika<br>1 teaspoon salt<br>1 teaspoon black peppercorns<br>1 teaspoon turmeric<br>1 stem lemongrass, finely sliced | Add remaining ingredients to onion/chile mixture, purée until smooth.<br>Add a little extra water if necessary to facilitate blending. |
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#### 4 Thai Green Curry Paste

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| 1 | 8 fresh green chiles, roughly chopped<br>2 medium onions, chopped<br>6 tablespoons chopped coriander root, leaves and stems<br>3 tablespoons finely sliced lemongrass   | <b>Variation</b> <i>Use lemon zest instead of lemon grass</i> |
| 2 | 1 tablespoon crushed garlic<br>1 tablespoon chopped galanga<br>2 teaspoons ground coriander<br>1 teaspoon ground cumin<br>1 teaspoon ground turmeric<br>1 teaspoon kapi | Blend all ingredients together until smooth                   |