

Thai-style curries

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

1 tablespoon curry paste

1 tablespoon oil Fry curry paste in oil until fragrant

300–400g meat (not fish or prawns) Add finely sliced meat and stir-fry until meat is cooked.

500g prawns (Prawn red curry only) Shell and de-vein, but keep heads except for hard top

500g fish steaks (fish red/green curries only) Wash well, trim any spines; cut into bite-sized pieces.

250ml coconut milk

250ml water Add coconut milk and water, and bring to boil. Add prepared prawns for a prawn curry. Add fish for a fish curry.

Alternative For thin coconut milk, use 500ml instead of milk + water

1 tablespoon fish sauce

1 tablespoon sugar

100g vegetables

50g bamboo shoot

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)

Thai Yellow Curry Paste

*8cm fresh turmeric root,
peeled and roughly
chopped*

*5 eschallots, finely
chopped*

*3 tbspn fresh Galanga
(Laos, Kha)*

*4 tbspn chopped or
crushed garlic*

3 tbspn sliced lemongrass

3 tbspn chopped chile

3 tbspn lime juice

1 tbspn ground coriander

*3 teaspoons ground
cumin*

*1/2 teaspoon
peppercorns*

2 teaspoon kapi

2 teaspoons salt

125ml oil

Purée all together in a blender until smooth

Fry the paste in the oil on low heat, stirring constantly, for around 5 minutes, or until fragrant.

Bottle when cool. Keep refrigerated.

Thai Red Curry Paste

- 6 large dried red chile* Soak chiles in enough hot water to cover them, for ten minutes.
- 2 small brown onions, chopped* Add to chiles in blender, blend until smooth
- 2 tbspn chopped coriander root*
- 1 tbspn chopped Galanga (fresh, or brined)*
- 1 tbspn ground coriander*
- 2 teaspoons ground cumin*
- 2 teaspoons kapi*
- 2 teaspoons paprika*
- 1 teaspoon salt*
- 1 teaspoon black peppercorns*
- 1 teaspoon turmeric*
- 1 stem lemongrass, finely sliced* Add remaining ingredients to onion/chile mixture, purée until smooth.
- Add a little extra water if necessary to facilitate blending.

Thai Green Curry Paste

*8 fresh green chiles,
roughly chopped*

*2 medium onions,
chopped*

*6 tablespoons chopped
coriander root, leaves
and stems*

*3 tablespoons finely
sliced lemongrass*

Alternative Use lemon zest instead

*1 tablespoon crushed
garlic*

*1 tablespoon chopped
galanga*

*2 teaspoons ground
coriander*

1 teaspoon ground cumin

*1 teaspoon ground
turmeric*

1 teaspoon kapi Blend all ingredients together until smooth