



THAI

Panang Beef Curry

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	4	15 min	30 min	Simmer	Flank steak

Ingredients

- 600 g (1½ lb) flank steak
- 400 ml (1¾ cups) can coconut milk, unshaken top cream spooned off
- 3 tbsp Panang curry paste
- 2 tbsp fish sauce
- 1 tbsp palm or brown sugar
- 120 ml (½ cup) beef stock or water
- 4 makrut lime leaves, torn (or 1 tsp finely grated lime zest)
- 1 red bell pepper, sliced
- 100 g (3½ oz) green beans, trimmed
- 2 tbsp roasted peanuts, crushed
- Thai basil leaves (or regular basil) and sliced red chilli, to garnish
- Jasmine rice, to serve

Steps

1. Slice the beef against the grain into 5 mm (¼ in) strips.
2. Heat a wok or wide pan over medium heat. Add the thick coconut cream and cook for 3 to 4 minutes, until the oil separates and shimmers.
3. Stir in the curry paste and fry for 2 minutes, until deeply fragrant and a shade darker.
4. Pour in the rest of the coconut milk and the stock. Add the fish sauce, sugar and lime leaves, bring to a bubble and simmer gently for 5 minutes.
5. Add the beef, pepper and green beans. Simmer gently for 5 to 8 minutes, until the beef is just cooked through and tender and the vegetables are tender but bright.
6. Let the sauce thicken slightly for 2 minutes.
7. Remove the lime leaves if you like.
8. Taste, adding fish sauce for salt or sugar for sweetness. Top with peanuts, basil and chilli, and serve with rice.

Notes

- **Heat level:** start with 2 tbsp paste and add more to taste; brands vary widely.
- **Other cuts:** sirloin works the same way; for chuck, simmer it for 1½ hours first.
- **Make ahead:** the curry reheats well and thickens as it sits. Fridge 3 to 4 days; freezes 3 months. Reheat gently to steaming hot.
- **Shortcut:** freeze the flank for 30 minutes before slicing so it cuts thin and even.
- **Chef's touch:** scatter 1 makrut lime leaf, cut into very fine threads, over the top; the raw leaf adds a fresh citrus aroma.