



bit spicy

Panaeng Curry

The Panaeng Curry is a Thai version of the Rendang and another way to use our [Malay Rendang spice blend](#). The sauce works well with slow-cooked beef, or with chicken (just add after the sauce has developed its flavours). Coriander root is an ingredient you would use rather like lemongrass and it has a much more intense flavour than the leaves. If you grown your own you will not have a problem: dig a few stems up, wash (obviously!) and cut off the white root and lower stem. Mash to a pulp before using. If you only have access to supermarket coriander, strip the leaves off some stalks, chop the stalks finely and use these, saving the leaves for garnish.

Serves 4-6

Ingredients:

- 1 packet [Malay Rendang](#) spice blend
- 2 tbsp groundnut or vegetable oil
- 700g beef or chicken breast, which has been cut into thin slices
- 300ml/1/2 pint '[secret sauce](#)'
- 2 tbsp soy sauce
- 1 tsp shrimp paste
- 3 tbsp crunchy peanut butter, preferably wholenut
- 1 tbsp fish sauce
- 1 tbsp coriander root (see above)
- 1 stalk lemongrass, finely chopped
- 1 400g can coconut milk
- 1 red bell pepper, sliced (optional)
- fresh red chillies, finely chopped with seeds (optional)
- lime juice to taste

Recipe:

1. Heat the oil and fry the spices until fragrant. If cooking beef, brown with the spices. Add the optional fresh chillies at this stage.
2. Add all the ingredients except the bell pepper, bring to the boil and simmer for an hour. This can be done in advance. If the sauce is too thick, add a little water.
3. If using beef, it will need at least a further hour's cooking, adding the pepper half an hour before serving. If using chicken, pop raw into to the hot sauce about 15 minutes before serving, having already added the bell pepper, and check it is cooked before serving.



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Cook's notes:

- Add a pandan leaf tied into a knot, if you can track one down. Or a couple of tsp of pandan essence is just as good and widely available online.
- Try adding a tbsp of kerisik - roasted coconut - which you can make yourself. Heat a block of coconut cream in the microwave for a minute at a time, stirring well in between, until dark brown. Freeze any leftovers, or add some to fried rice!