

thai gold
authentic goodness

THAI CURRY RECIPES

*easy
& delicious*



Thai Curry, is a classic Thai dish.
A light, gentle and truly delicious
meal at any time.

Choose your flavour and enjoy!



Rich in flavour.



Sweet &
fragrant.



Mild, with
spices from
south asian
trade routes.



Mild curry
from tropical
Penang.



Wholesome,
robust and
aromatic.

Serve your favourite curry
with brown or white
Thai Gold Jasmine Rice.



Authentic goodness!

www.thaifood.ie

THAI RED CURRY

with chicken

INGREDIENTS

- 400ml can Thai Gold **Coconut Milk**
- 2 teaspoons Thai Gold **Red Curry Paste**
- 4 **Chicken fillets**, finely sliced
- 2 teaspoons Thai Gold **Nam Plaa** (Fish Sauce)
- 150ml **Chicken stock**
- 2 teaspoons Thai Gold **Palm Sugar** or normal sugar
- 450g Seasonal **vegetables**
- 3-4 Thai Gold **Kaffir Lime Leaves**
- 1 **Red chilli**
- 1 **Green chilli**




20 min


Serves 4

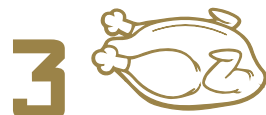
Thai Red Curry, 'Gaeng Daeng' is one of the most popular of all Thai curries, truly delicious.



1
Add the **Coconut Milk** to a saucepan and heat up to near boiling, stirring frequently.



2
Add 2 tsp of **Red Curry Paste** and stir, combining the paste with the milk.



3
Add the finely sliced **chicken** and cook for 5 minutes.



4
Add 2 tsp of **Nam Plaa** (Fish Sauce), the chicken stock and 2 tsp of **Palm Sugar**.
Cook for 10 minutes.



5
Next add the **vegetables** and cook for a further 2 minutes.



To increase hotness add chopped chillies.



For extra flavour add some kaffir lime leaves.

Serve with Thai Gold Jasmine Rice.

THAI GREEN CURRY

with chicken

INGREDIENTS

400ml can	Thai Gold Coconut Milk
2-3 teaspoons	Thai Gold Green Curry Paste
400g	Monkfish fillet, cubed
2 teaspoons	Thai Gold Nam Plaa (Fish Sauce)
150ml	Vegetable stock
2 teaspoons	Thai Gold Palm Sugar or normal sugar
450g	Seasonal vegetables
3-4	Thai Gold Kaffir Lime Leaves
1	Red chilli



🕒
20 min

👤
Serves 4

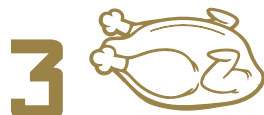
The most famous of all the Thai curries, 'Gaeng Khieow Wuan', is sweet and fragrant.



1 Add the **Coconut Milk** to a saucepan and heat up to near boiling, stirring frequently.



2 Add 2 tsp of **Green Curry Paste** and the **Kaffir Lime Leaves** and cook for 3-4 minutes.



3 Add the finely sliced **chicken** and cook for 5 minutes.



4 Add 2 tsp of **Nam Plaa** (Fish Sauce), and 2 tsp of **Palm Sugar**. Cook at medium / high heat for 8 minutes, stirring frequently.



5 Next add the **vegetables** and cook for a further 2 minutes.



To increase hotness add chopped chillies.



Garnish with some fresh coriander.

Serve with Thai Gold Jasmine Rice.

THAI GREEN CURRY

with monkfish

INGREDIENTS

400ml can	Thai Gold Coconut Milk
2-3 teaspoons	Thai Gold Green Curry Paste
400g	Monkfish fillet, cubed
2 teaspoons	Thai Gold Nam Plaa (Fish Sauce)
150ml	Vegetable stock
2 teaspoons	Thai Gold Palm Sugar or normal sugar
450g	Seasonal vegetables
3-4	Thai Gold Kaffir Lime Leaves
1	Red chilli




15 min


Serves 4

The most famous of all the Thai curries, 'Gaeng Khieow Wuan', is sweet and fragrant.




To increase hotness add chopped chillies.


Garnish with some fresh coriander.

Serve with Thai Gold Jasmine Rice.

THAI YELLOW CURRY

with chicken

INGREDIENTS

400ml can	Thai Gold Coconut Milk
2 teaspoons	Thai Gold Yellow Curry Paste
4	Chicken fillets , finely sliced
150ml	Chicken stock
2 teaspoons	Thai Gold Light Soy Sauce
2 teaspoons	Thai Gold Nam Plaa Fish Sauce
2 teaspoons	Thai Gold Palm Sugar or normal sugar
1 medium	Chopped and diced onion
1	Sliced pepper
3	Potatoes , cubed and parboiled
6/7	Cherry tomatoes





 20 min



 Serves 4

Thai Yellow, 'Gaeng Karee' is a mild southern curry with hints of turmeric and cumin from south asian trade routes.





 To increase hotness add some fresh chopped chillies with the vegetables.



 Try any seasonal fresh vegetables.

Serve with Thai Gold Jasmine Rice.

THAI PANAENG CURRY

with pork

INGREDIENTS

400ml can	Thai Gold Coconut Milk
2 teaspoons	Thai Gold Panaeng Curry Paste
6-8	Thai Gold Kaffir Lime Leaves
400g	Pork steak , sliced finely
2 teaspoons	Thai Gold Nam Plaa
150ml	Chicken stock
2 teaspoons	Thai Gold Palm Sugar or normal sugar
150g	Green beans , sliced
1	Yellow pepper , sliced
1	Red chilli




20 min


Serves 4

Panaeng is a lovely mild curry named after tropical Penang, which used to be a part of Thailand.

1 
Add the **Coconut Milk** to a saucepan and heat up to near boiling, stirring frequently.

2 
Add 2 tsp of **Panaeng Curry Paste** and stir, combining the paste with the milk.

3 
Add the **Kaffir Lime Leaves**, sliced **pork steak** and chicken **stock**.

4 
Add 2 tsp of **Nam Plaa** (Fish Sauce), and the **Palm Sugar**.
Cook for 15 minutes.

5 
Finally toss in the sliced **vegetables**, **chillies** and cook for a further 2-3 minutes.


To increase hotness add chopped chillies.


For extra flavour add some kaffir lime leaves.

Serve with Thai Gold Jasmine Rice.

THAI MASSAMAN CURRY

with beef

INGREDIENTS

400ml can	Thai Gold Coconut Milk
2-3 teaspoons	Thai Gold Massaman Curry Paste
400g	Sliced beef , round steak or stewing beef
3-4 teaspoons	Thai Gold Nam Plaa (Fish Sauce)
150ml	Beef stock
2 teaspoons	Thai Gold Palm Sugar or normal sugar
½ teaspoon	Vegetable oil
70g	Cashew nuts
1 large	Onion , finely sliced
3 large	Potatoes , cubed - waxy are best
250ml	Water




40 min


Serves 4


Massaman, the slow cooked mild southern curry is wholesome, robust and aromatic.


1 
Add the **Coconut Milk** to a saucepan and heat up to near boiling, stirring frequently.


2 
Add 2 tsp of **Massaman Curry Paste** and stir, combining the paste with the milk.

3 
Add the **beef** and the **beef stock**.

4 
Add 2 tsp of **Nam Plaa** (Fish Sauce), and the **Palm Sugar**.

5 
Next add the **potatoes**, the **onions** and the **water**. Reduce to medium heat and slow cook for 30-35 minutes, stirring every few minutes.


In a pan, add a few drops of oil, toast the nuts over a low heat until browned tossing frequently and use as garnish.


Cook Massaman for as long as possible for best results.

Serve with Thai Gold Jasmine Rice.