



SUNDAY DEMO – 16:30-17:00

PAT GRAPAO NUEA (STIR FRIED BEEF WITH BASIL)

Ingredients

10g Birds Eye Chillies. Finely chopped
20g Garlic. Finely chopped
20g Onions. Chopped
30g carrots. Chopped
30g Holy Basil leaves
30g babycorns. Chopped
30g Snow peas. Cut into 3 pieces
500g Lean Beef steak. Chopped.
2 Tbsp veg oil
2 Tbsp Thai Fish Sauce
3 Tbsp Oyster Sauce
4 Tbsp Light Soya Sauce
Sugar to taste

Method

Heat oil in wok until it starts to smoke

Stir in garlic, chillies and leave till aromatic & the garlic starts to change colour slightly

Add beef and work until nearly cooked through

Add fish sauce, Oyster sauce and Soya sauce and stir

Add onions, snow peas and carrots and stir

Add sugar to taste

Add and stir in the basil leaves for 30 seconds or so

Serve.



SUNDAY DEMO – 16:30-17:00

PANANG MOO (PORK PANANG CURRY)

Ingredients

50g Thai Panang Curry Paste
500g Pork Tenderloin sliced into 5mm thick medallions
2 TBsp Thai Fish Sauce, to taste
1 large red chilli for garnish
3 TBsp Sugar, to taste
250ml Coconut Milk
½ tsp salt
50g Kaffir Lime Leaves thinly sliced

Method

Heat coconut milk to boiling point in a wok

Add Curry paste and mix in well

Mix in the pork and salt, then cook until just tender

Season with the fish sauce, and sugar to taste

Mix in ¾ of the lime leaves

Serve and garnish with remaining lime leaves