



This recipe was crafted by women and girls in the Thailand baking school who have learned cooking as a trade so they can escape the red-light district and provide for their families. Learn more at worldhelp.net/freedom.

INGREDIENTS

Ingredients

2 ½ cups Coconut Milk
1 lb. Sliced Beef
½ cup Panang Curry Sauce
3 Tbsp Fish Sauce
1 Tbsp Palm Sugar
½ tsp Salt
2 Thai Chili Peppers, sliced diagonally
Shredded Lime Leaves (to taste)
1 cup Eggplant (optional)

Beef Panang Curry

1. Pour 2 cups of the coconut milk into a wok or frying pan. (IMPORTANT: Save the other ½ cup of coconut milk for Step 3.)
2. Cook until the fat from the coconut milk begins to separate and the meat is cooked. Then, remove from heat and pour into a bowl.
3. Pour the remaining ½ cup of coconut milk and the panang curry sauce into the wok or frying pan and mix.
4. Pour beef and coconut milk back into the wok and mix everything together.
5. **Optional:** Add eggplant and cook at a strong simmer.
6. Season the curry with the lime leaves.
7. Slowly add the fish sauce, sugar, and salt to taste.
8. Serve immediately with rice.