THAI

Green Curry with Beef Shank

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Involved	**4**	**20 min**	**2 hr 30 min**	**Simmer**	**Shank**

Ingredients

- 800 g (1¾ lb) boneless beef shank, cut into 4 cm (1½ in) chunks
- 2 x 400 ml (14 oz) cans coconut milk, not shaken
- 4 tbsp Thai green curry paste
- 250 ml (1 cup) water
- 2 tbsp fish sauce, plus more to taste
- 1 tbsp palm sugar or brown sugar
- 4 kaffir (makrut) lime leaves, torn (or 1 tsp finely grated lime zest)
- 200 g (7 oz) Thai eggplant or 1 regular eggplant, cut into chunks
- 150 g (5 oz) green beans or bamboo shoots
- 2 green or red chillies, sliced
- 1 large handful Thai basil leaves (or regular basil)
- Steamed jasmine rice, to serve

Steps

1. Put the beef in a pot with the water and 1 can of coconut milk. Bring to a boil over medium-high heat.
2. Reduce to low and simmer partly covered for 1½ to 2 hours, stirring occasionally, until the beef is tender when pierced. Top up with a splash of water if it dries out.
3. Meanwhile, spoon the thick cream from the top of the second can into a wok or wide pot over medium heat. Cook for 5 minutes, until the oil begins to separate and shimmer.
4. Add the curry paste and fry for 3 minutes, stirring, until fragrant and a shade darker.
5. Scrape the paste into the pot of beef. Add the rest of the second can, the fish sauce, sugar and lime leaves, and stir.
6. Simmer for 10 minutes. Add the eggplant and cook 8 minutes, until soft but still holding shape.
7. Add the beans and cook 3 minutes until just tender. Taste: it should be salty, slightly sweet and hot. Adjust with more fish sauce or sugar.
8. Turn off the heat and stir through the chillies and most of the basil. Serve over rice, with the remaining basil on top.

Notes

- **Heat level:** green curry pastes vary; start with 3 tbsp and add to taste.
- **Faster:** pre-cook the beef in a pressure cooker for 45 minutes, then continue from step 3.
- **Other cuts:** chuck cut into cubes works too and needs about 1½ hours.
- **Slow cooker:** cook the beef, water and 1 can of coconut milk on low 7–8 hr. Add the fried paste and vegetables for the last 30 minutes on high.
- **Chef's touch:** stir in the basil off the heat and add a squeeze of lime to the bowl for fragrance.
- **Pair with:** stir-fried water spinach with garlic.