

Authentic Thai Food for the World

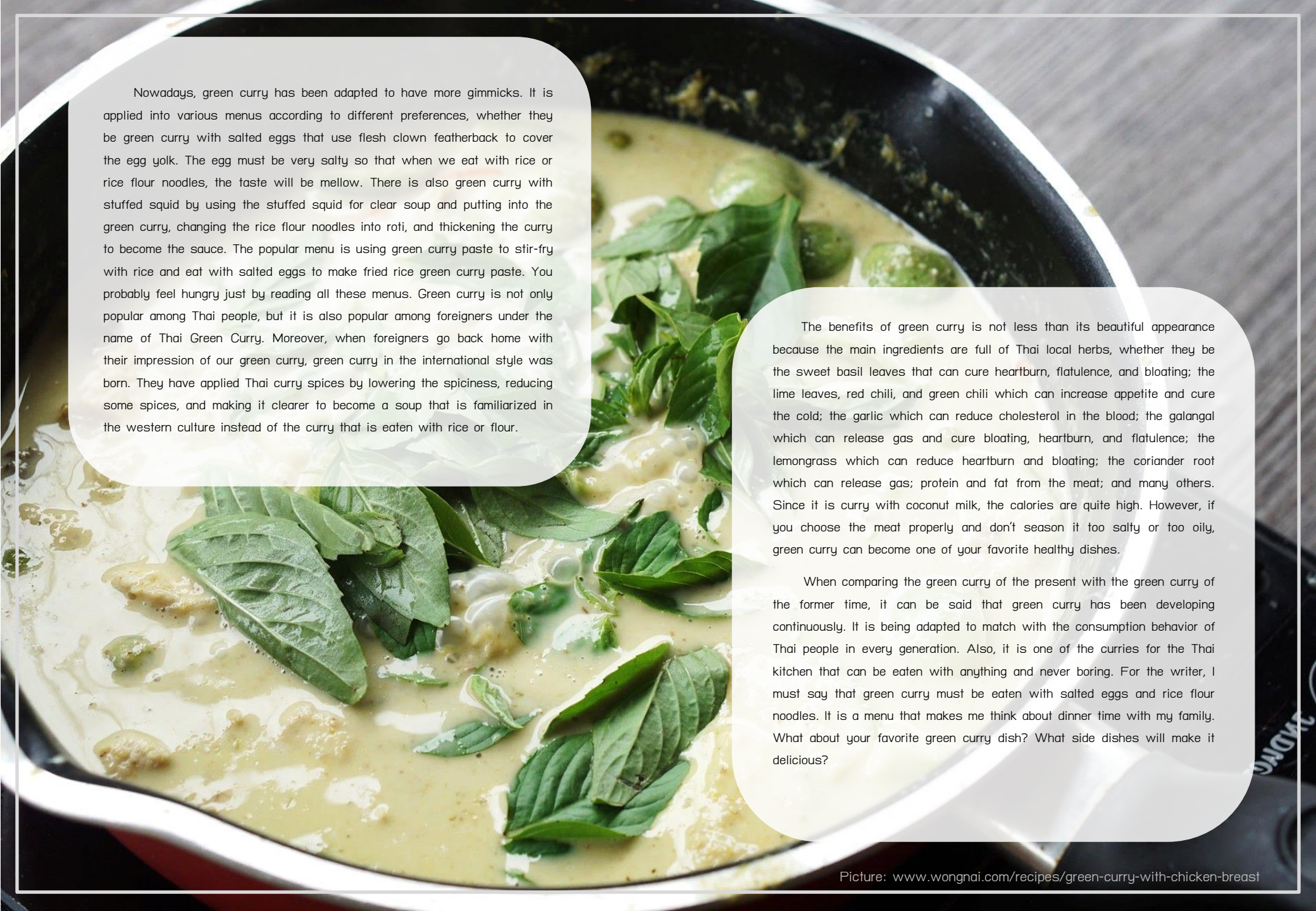
Green Curry

It is good to eat
with anything.

Let us guess which Thai menu is this. In the past, it was popular to eat with hot rice. Then, it started to be eaten with rice flour noodles. Nowadays, it is popular to eat with roti. Normally, its taste is mild, not too spicy and not too plain, mixed with coconut milk for the grease and using green curry paste. After hearing all this, nearly one hundred percent must answer correctly that the menu being described now is green curry, one of the curries with a long history with the most unique flavor of Thai menus.

The background of green curry must turn to the past. Originally, the curry in Thai style was clear curry, like Kaeng Liang or Kaeng Pa. In other words, in the past, Thai people did not eat curry with coconut milk. They only ate clear curry with other ingredients and finely pounded chili. Then, coconut milk was used as an ingredient in food and this was the complete birth of the curry spices. "Kaeng Daeng" or "Kaeng Phet" came from the coconut milk spices with red chili. This spice was later adapted from the red chili to the green chili. That was the origin of the name Kaeng Khiao Wan. It did not come from the sweet taste like everybody understands, but from the color of the curry. When you put the green curry spices into floating undiluted coconut milk, vegetables, and meat, the curry will become a light green color. Anyone who reads this part, congratulations! You are one of the lucky people who has learned the truth that Kaeng Khiao Wan does not come from sweet coconut milk in green color, but from the interesting background as mentioned above.





Nowadays, green curry has been adapted to have more gimmicks. It is applied into various menus according to different preferences, whether they be green curry with salted eggs that use flesh clown featherback to cover the egg yolk. The egg must be very salty so that when we eat with rice or rice flour noodles, the taste will be mellow. There is also green curry with stuffed squid by using the stuffed squid for clear soup and putting into the green curry, changing the rice flour noodles into roti, and thickening the curry to become the sauce. The popular menu is using green curry paste to stir-fry with rice and eat with salted eggs to make fried rice green curry paste. You probably feel hungry just by reading all these menus. Green curry is not only popular among Thai people, but it is also popular among foreigners under the name of Thai Green Curry. Moreover, when foreigners go back home with their impression of our green curry, green curry in the international style was born. They have applied Thai curry spices by lowering the spiciness, reducing some spices, and making it clearer to become a soup that is familiarized in the western culture instead of the curry that is eaten with rice or flour.

The benefits of green curry is not less than its beautiful appearance because the main ingredients are full of Thai local herbs, whether they be the sweet basil leaves that can cure heartburn, flatulence, and bloating; the lime leaves, red chili, and green chili which can increase appetite and cure the cold; the garlic which can reduce cholesterol in the blood; the galangal which can release gas and cure bloating, heartburn, and flatulence; the lemongrass which can reduce heartburn and bloating; the coriander root which can release gas; protein and fat from the meat; and many others. Since it is curry with coconut milk, the calories are quite high. However, if you choose the meat properly and don't season it too salty or too oily, green curry can become one of your favorite healthy dishes.

When comparing the green curry of the present with the green curry of the former time, it can be said that green curry has been developing continuously. It is being adapted to match with the consumption behavior of Thai people in every generation. Also, it is one of the curries for the Thai kitchen that can be eaten with anything and never boring. For the writer, I must say that green curry must be eaten with salted eggs and rice flour noodles. It is a menu that makes me think about dinner time with my family. What about your favorite green curry dish? What side dishes will make it delicious?