THAILAND / EXTREME FOOD ADVENTURES IN THAILAND

GAENG POO, PHUKET CRAB CURRY SOUP

Gaeng poo is a creamy Phuket crab soup with coconut milk and mild curry spices, served over rice vermicelli. This version comes from the kitchen of Pae Kruvit, a floating restaurant in Phuket Bay.



SERVES	PREP	COOK	TOTAL	DIFFICULTY	SPICE
4	30 min	20 min	50 min	Medium	Medium

INGREDIENTS

FOR THE SOUP

30 ml neutral oil

1 tbsp yellow curry powder

1 lemongrass stalk, bruised

400 ml coconut milk

300 ml crab or seafood stock

1 tsp palm sugar

1/2 tsp white pepper

2 tsp fish sauce, or to taste

250 g fresh crab meat, picked

TO SERVE

200 g rice vermicelli, soaked and cooked, then rinsed in cold water and rolled into small nests

Coriander and sliced red chilli, to garnish

METHOD

PREPARE THE NOODLES

1. Cook the vermicelli according to the packet, rinse under cold water and roll into small nests. Set aside.

MAKE THE SOUP

2. Heat the oil in a pot over medium heat. Fry the curry powder and lemongrass for 1 minute until fragrant.
3. Add the coconut milk and stock and bring to a gentle simmer for 8 minutes. Season with palm sugar, pepper and fish sauce.
4. Add the crab meat and warm through for 2 to 3 minutes. Do not boil hard or the coconut will split.

SERVE

5. Put a nest of vermicelli in each bowl, ladle the soup over and garnish with coriander and chilli.

USEFUL SHORTCUTS FOR HOME COOKS

Fresh crab gives the best flavour. Use the shells to make the stock.

Good picked crab meat from a fishmonger makes the dish much easier.

Fresh rice noodles work too. Use dry vermicelli if you want it lighter.

Will and Palm visit Pae Kruvit, a raft restaurant floating in the bay off Phuket. Live seafood waits in the water, crab, prawns and fish, and they pick their own before the kitchen takes over.Back in the kitchen, Khun East shows them gaeng poo, a creamy crab soup that Will used to have on one of his menus. It is...