THAILAND / 48 HOURS IN BANGKOK

PAN-FRIED CROCODILE WITH THAI HERBS

Pan-fried crocodile with Thai herbs is a Bangkok dish of tender crocodile seared with garlic and curry powder, dressed with mint, rocket, coriander, chilli and roasted rice. It borrows the flavours of Isan, in north east Thailand.



SERVES	PREP	COOK	TOTAL	DIFFICULTY	SPICE
4	30 min	15 min	45 min	Medium	Hot

INGREDIENTS

FOR THE CROCODILE

600 g crocodile tail or loin
1 tsp salt
1/2 tsp black pepper
1 tbsp neutral oil
2 garlic cloves, finely chopped
1 tsp curry powder

FOR THE HERB DRESSING

1 small handful mint leaves
1 small handful rocket
1 small handful flat leaf coriander
2 garlic cloves, finely chopped
2 coriander roots, finely chopped
2 Thai chillies, finely chopped
2 tbsp Thai seafood dipping sauce (chilli, lime and garlic)
3 tbsp olive oil

TO FINISH

1 tbsp roasted rice powder (khao khua)

METHOD

COOK THE CROCODILE GENTLY

1. Season the meat with salt and black pepper. Seal it in a vacuum bag and cook in a water bath at about 62 C for 2 hours. Keep the juices from the bag.

MAKE THE DRESSING

2. Chop the mint, rocket and coriander. Mix with the garlic, coriander root, chilli, seafood sauce and olive oil.

SEAR

3 Reduce the bag juices in a small pan until syrupy. Heat the oil in a heavy frying pan until hot. Sear the crocodile with the garlic and curry powder for 1 to 2 minutes each side until golden.

SLICE AND DRESS

4 Slice the meat across the grain. Toss it with the herb dressing and spoon over the reduced juices.

FINISH

5 Scatter the roasted rice over the top and serve at once.

USEFUL SHORTCUTS FOR HOME COOKS

No crocodile? Chicken thigh or pork neck works with the same dressing.

Make roasted rice powder by toasting a spoonful of uncooked sticky rice in a dry pan until deep golden, then crushing it in a mortar.

Without a water bath, poach the meat gently in a sealed bag in simmering water. Keep the water below a boil.

In Bangkok, Will visits his friend and fellow chef Mo and cooks crocodile with him. Mo says his idea is to offer more exciting meat. He first cooked the crocodile gently for about 2 hours, and kept the cooking juices to reduce in the pan later.Salt and black pepper go on first. Then a herb mix of mint, rocket, flat…