Bamboo Delight Cooking Class

Recipe Collection

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Ingredients

CHIVES ROOF  GINGER  GREEN CHILLI

RED DRY CHILLI  GARLIC  CHILLI POWDER

SHALLOT  POTATOES  MYIT

bamboo shoot

TUMERIC  GASAWKATHI  MYIT
Egg Curry

Serves 4
Preparation Time 15 minutes
Cooking Time 20 minutes

Ingredients

4 hard boiled eggs
2 small onions, ground
1 small piece ginger, ground
10 cloves garlic, ground
1 tbsp tamarind juice
3 tbsp peanut oil
1 tsp salt
2 tbsp chicken stock (or brown sugar)
2 tsp curry powder/garam masala
1 tsp fish sauce (optional)
1/2 tsp red curry powder or turmeric

Method

1. Heat the pan and add the peanut oil
2. And onion, garlic, ginger and fry until golden
3. Add red curry powder
4. Add garam masala
5. Add one glass of water
6. Cook for about 5 minutes
7. Add chicken stock, salt and fish sauce
8. Cut boiled eggs in half and place on top
9. Cook for a further 2 minutes
10. Serve with steamed rice
Vegetable Curry

Serves 4
Preparation Time 15 minutes
Cooking Time 30 minutes

Ingredients

2 eggplants, diced  
3 potatoes, diced  
2 ochre, chopped  
2 long green beans, chopped into 2cm pieces  
1 onion, ground  
1 small piece ginger, ground  
5 cloves garlic, ground  
2 tbsp peanut oil  
3 tbsp roasted peanut powder  
2 tbsp chicken stock or brown sugar  
1 tsp salt  
1 tomato, finely chopped  
1 tsp turmeric or red curry powder

Method

1. Heat the oil  
2. Add turmeric  
3. Add onion, garlic and ginger and fry until golden  
4. Add tomato and cook well  
5. Add 1 cup of water  
6. Put all vegetables and peanut powder into pan and cook for 15 minutes  
7. Serve with steamed rice
Chicken curry

Serves 4
Preparation Time 20 minutes
Cooking Time 30 minutes

Ingredients

3 tbsp peanut oil
2 onions, ground
10 cloves garlic, ground
1 small piece ginger, ground
2 tsp turmeric or red curry powder
2 tsp garam masala
2 cups water
1 tsp salt
1 tbsp chicken stock or brown sugar
2 tomatoes, pureed
500g chicken pieces

Method

1. Marinate chicken with salt, chicken stock, turmeric
2. Heat the oil
3. Fry onion, garlic and ginger until golden
4. Add garam masala
5. Add marinated chicken and cook for around 1 minute
6. Add tomato puree and cook for a further 5 minutes
7. Add water. Cook for 20 minutes
8. Serve with steamed rice.
Myanmar Style Fish Curry

Serves 4
Preparation Time 20 minutes
Cooking Time 30 minutes

Ingredients

3 tbsp peanut oil
2 onions, ground
10 cloves garlic, ground
1 small piece ginger, ground
2 tsp turmeric or red curry powder
2 cups water
1 tsp salt
1 tbsp chicken stock or brown sugar
2 tomatoes, pureed
500g fish pieces

Method

1. Marinate Fish with salt, chicken stock, turmeric
2. Heat the oil
3. Fry onion, garlic and ginger until golden
4. Add marinated fish and cook for around 1 minute
5. Add tomato puree and cook for a further 5 minutes
6. Add water. Cook for 20 minutes
7. Serve with steamed rice
Myanmar Style Pork Curry

Serves 4
Preparation Time 20 minutes
Cooking Time 30 minutes

Ingredients

3 tbsp peanut oil
2 onions, ground
10 cloves garlic, ground
1 small piece ginger, ground
2 tsp turmeric or red curry powder
2 cups water
1 tsp salt
1 tbsp chicken stock or brown sugar
2 tomatoes, pureed
500g pork meat pieces

Method

1. Marinate pork with salt, chicken stock, turmeric
2. Heat the oil
3. Fry onion, garlic and ginger until golden
4. Add marinated pork and cook for around 1 minute
5. Add tomato puree and cook for a further 5 minutes
6. Add water. Cook for 20 minutes
7. Serve with steamed rice
**Myanmar Style Prawn Curry**

Serves 4  
Preparation Time 20 minutes  
Cooking Time 30 minutes

**Ingredients**

- 3 tbsp peanut oil  
- 2 onions, ground  
- 10 cloves garlic, ground  
- 1 small piece ginger, ground  
- 2 tsp turmeric or red curry powder  
- 2 cups water  
- 1 tsp salt  
- 1 tbsp chicken stock or brown sugar  
- 2 tomatoes, pureed  
- 1 bunch coriander  
- 2 pcs green pepper  
- 500g prawn pieces

**Method**

1. Marinate prawn with salt, chicken stock, turmeric  
2. Heat the oil  
3. Fry onion, garlic and ginger until golden  
4. Add marinated fish and cook for around 1 minute  
5. Add tomato puree and cook for a further 5 minutes  
6. Add coriander and green pepper  
7. Add water. Cook for 20 minutes  
8. Serve with steamed rice
Myanmar Style Beef Curry

Serves 4
Preparation Time 10 minutes
Cooking Time 30 minutes

Ingredients

3 tbsp peanut oil
2 onions, ground
10 cloves garlic, ground
1 small piece ginger, ground
2 tsp red curry powder
2 cups water
1 tsp salt
1 pkt curry masala power
1 tbsp chicken stock or brown sugar
2 tomatoes, pureed
500g beef pieces

Method

1. Marinate beef with salt, pepper, chicken stock, curry masala power.
2. Heat the oil
3. Fry onion, garlic, and ginger until golden
4. Add marinated beef and cook for around 5 minutes
5. Add tomato puree and cook for a further 30 minutes
6. Add water. Cook for 20 minutes
7. Serve with steamed rice
Myanmar Style Peanut Curry

Serves 4
Preparation Time 10 minutes
Cooking Time 30 minutes

Ingredients

3 tbsp peanut oil
2 onions, ground
10 cloves garlic, ground
1 small piece ginger, ground
2 tsp red curry powder
1 cups water
1 tsp salt
1 cup Raw peanut powder
1 tbsp chicken stock
2 tomatoes, pureed
1 bunch coriander leaf

Method

1. Heat the oil
2. Fry onion, garlic and until golden
3. Add Grounded peanut power.
4. Add tomato puree and cook for a further 5 minutes
5. Add ginger.
6. Add the water cook for 10 minutes.
7. Serve with steamed rice or Steamed vegetables.
Inle Fresh Tofu Curry

Serves 4
Preparation Time 30 minutes

Ingredients

3 tbsp peanut oil
1 tbsp red chilli power
3 tomatoes puree
1 bunch coriander leaf
5 pcs pounded garlic
1 small tsp salt
2 pcs pounded onion
Little ginger pounded
2 tbsp chicken power
200g fresh tofu

Method

1. Cut the fresh tofu slice
2. Heat oil in wok and fried onion, garlic and ginger fried until golden color
3. Add the tomatoes puree until soften, add seasoning
4. Add the fresh tofu put sprinkle of coriander leaf
5. Served with steamed rice
Inle Fried Fish on Tomato sauce

Serves 4
Preparation Time 45 minutes

Ingredients
You may need a lot of oil for deep fried fish.
3tbsp peanut oil
5pcs tomatoes
2tsp red chilli power
1tsp tumeric power
6pcs Garlic clove
2pcs tomatoes (to make tomato puree)
1tsp salt
1tbsp fish sauce
1bunch spring onion
1tbsp chicken power
1coriander leaf
3pcs inle fish

Method
1. clean the fish,
2. Heat the oil in a wok. when it is hot fried the fish until crispy.
3. for tomato sauce, grind the tomato fried with garlic ginger add tomato puree cook about 5 minutes.
   4. add the chicken power and salt later put green pepper, spring onion and coriander leaf. reduce the water.
4. Served with steamed rice.
Serves 4
Preparation Time 60 minutes

Ingredients

3 tbsp peanut oil
30g garlic clove (fried garlic)
10g ginger pounded
50g onion
100g banana stem
200g bean power or chips pea
2 pcs lemongrass
5 tbsp salt
20g roasted rice power
10 pcs boiled egg
1 tbsp chicken power
0.5L fish sauce
3 pcs lime

2 bunch coriander leaf
400g fresh water catfish

Method

1. Boiled the fish in the water, lemongrass, ginger, garlic, fish sauce and salt until meat was cooked. Take off born from the fish, keep the fish stock.
2. Boiled the chips pea until soften, after pound the bean.
3. Cook together with fish stock and bean paste, add roasted rice power and season with chicken power, salt and fish sauce.
4. Sautee fish with onion, ginger, lemongrass and garlic, red chili power cook about 20 minutes.
5. Mixed together sauteed fish, bean stock add whole onion, boiled egg, banana stem cook 15 minutes.
6. Served with rice noodle and bean cracker or fish cake.
Fish Cake Salad

Serves 4
Preparation Time 15 minutes
Cooking Time 30 minutes

Ingredients

3 Silverfish (To make fish cake)
5 cabbage leaves (shredded)
2 onions (finely diced)
2 tbsp fried garlic oil
2 green chilli (finely chopped)
1 bunch coriander leaves (chopped)
1 lime (juiced)
1 tsp salt
1 tsp pepper
1 cup peanut oil
1 small piece ginger (ground to form a paste)

Method

1. Fillet fish by first removing the skin
2. Marinate fish meat with seasoning (salt/pepper/ ginger /garlic) for 5-10 minutes
3. Heat the oil in a wok
4. Deep fry the fish until golden
5. Cut the fish into small slices
6. Put remaining ingredients into bowl and combine well
7. Add chilli to taste
8. Serve with coriander leaves and lime wedges.
Myanmar Style Tofu salad

Serves 4
Preparation Time 10 minutes

Ingredients

3 tbsp peanut oil
1 pcs julienne onion
10 pcs garlic clove (to make fried garlic)
20g julienne cabbage
1 tsp dry chilli power
1 tbsp fish sauce
1 small tsp salt
1 tbsp tamarind juice
1 tsp chicken powder
2 tbsp peanut powder/pea powder
1 bunch of coriander leaf
200g fresh tofu

Method

1. Cut fresh tofu, cut the onion and cabbage.
2. Fried the garlic.
3. Put all ingredient into bowl, add seasoning and marinated together.
4. Chopped the coriander leaf on top.
5. Served with steamed rice.
Myanmar Style Bean salad

Serves 4
Preparation Time 10 minutes

Ingredients

3 tbsp peanut oil
1 pcs onion
10 pcs garlic clove (to make fried garlic)
1 small tsp salt
1 tsp chicken power
2 tbsp peanut powder
20 pcs french bean

Method

1. Boiled the bean not too cook just about 3 minutes.
2. Heat the oil.
3. Fry garlic and until golden.
4. Add Grounded peanut powder.
5. Put all ingredients into the bowl.
6. Add fried garlic and oil and marinated well.
7. Serve with steamed rice.
Green Cauliflower (Broccoli) Salad

Serves 4  
Preparation Time 15 minutes  
Cooking Time 10 minutes

Ingredients

1 onion, sliced finely  
5 cloves garlic, ground  
1 cauliflower  
2 tbsp peanut oil  
1 tbsp roasted sesame seed  
1 tsp salt  
1 tbsp chicken stock  
2 tomatoes  
1 lime, juiced

Method

1. Blanch the cauliflower and cut into small slices  
2. Add onion, tomatoes and sesame seeds  
3. Fry garlic in peanut oil until golden  
4. Combine all ingredients  
5. Add salt and chicken stock  
6. Pour lime juice over the ingredient
**Myanmar Style Myit Salad**

Serves 4  
Preparation Time 10 minutes  
Cooking Time 10 minutes

**Ingredients**

- 200g bambooshoot  
- 3tbsp peanut oil  
- 2pcs onion  
- 1tbsp fried garlic  
- 1tsp sesame seed  
- 2tsp chicken stock or brown sugar  
- 1tsp salt

**Method**

1. Boiled the bambooshoot, after cut the bambooshoot julienne  
2. Put all into big bowl marinate.  
3. Add fried garlic, sesame seed on top  
4. Served with steamed rice
Myanmar Style Green Papaya salad

Serves 4
Preparation Time 10 minutes

Ingredients

3 tbsp peanut oil
10 pcs garlic clove
1 tsp salt
2 tsp red chilli power
2 tbsp roasted pea power
1 tsp chicken power
1 small green papaya
1 bunch of coriander leaf
1 tbsp chilli power
1 tbsp Tamarind juice
1 tsp fish sauce
2 pcs chopped chilli

Method

1. Grated green papaya.
2. Fried the garlic with red chilli power.
3. Put green papaya into the bowl.
4. Add fried garlic and oil.
5. Add the pea powder, fish sauce, tamarind juice and chilli powder coriander leaf and seasoning marinated.

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Myanmar Tea Leaf Salad

Serves 4
Preparation Time 10 minutes

Ingredients

- 3 tbsp peanut oil
- 20g julienne of cabbage
- 1 pkt mixed nuts
- 2 pcs tomatoes
- 1 tsp salt
- 1 pcs julienne of onion
- 1 tbsp chicken powder
- 30g tealeaf pounded
- 1 pcs lime

Method

1. Clean tealeaf with water, pounded until paste.
2. Cut the cabbage, onion, and tomatoes.
3. Put mixed nuts and all ingredients into the bowl.
   - 4. Add the peanut oil and marinated.
   - 5. Add lime juice.