

Bamboo Delight Cooking Class

Recipe Collection



Sue
No. 6/261, Aung Chan Thar Quarter
Nyaung Shwe (Inle Lake)
Myanmar

Email: bambooprincess.sue@gmail.com

Phone: 09 410 104 33

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
- 1tbsp tamarind juice
- 3tbsp peanut oil
- 1tsp salt
- 2tbsp chicken stock (or brown sugar)
- 2tsp curry powder/garam masala
- 1tbsp fish sauce (optional)
- 1/2tbsp 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
2tbsp peanut oil
3tbsp roasted peanut powder
2tbsp chicken stock or brown sugar
1tsp salt
1 tomato, finely chopped
1tsp 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

3tbsp peanut oil
2 onions, ground
10 cloves garlic, ground
1 small piece ginger, ground
2tsp turmeric or red curry powder
2tsp garam masala
2 cups water
1tsp salt
1tbsp 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

3tbsp peanut oil
2 onions, ground
10 cloves garlic, ground
1 small piece ginger, ground
2tsp turmeric or red curry powder
2 cups water
1tsp salt
1tbsp 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

3tbsp peanut oil
2 onions, ground
10 cloves garlic, ground
1 small piece ginger, ground
2tsp turmeric or red curry powder
2 cups water
1tsp salt
1tbsp 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

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

3tbsp peanut oil
2 onions, ground
10 cloves garlic, ground
1 small piece ginger, ground
2tsp red curry powder
2 cups water
1tsp salt
1pkt curry masala power
1tbsp 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 minute
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

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

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



Method

- 1.Cut the fresh tofu slice
- 2.Heat oil in wok and fried onoin,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 garlc 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 .
 - 5.Served with steamed rice.

Myanmar MOG-HIN-GHA

Serves 4

Preparation Time 60 minutes

Ingredients

3tbsp peanut oil
30g garlic clove (fried garlic)
10g ginger pounded
50g onion
100g banana stem
200g bean power or chips pea
2pcs lemongrass
5tbsp salt
20g roasted rice power
10pcs boiled egg
1tbsp chicken power
0.5L fish sauce
3pcs lime
2bunch 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 bones from the fish, keep the fish stock.
2. Boiled the chips pea until soft, 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. Sauté fish with onion, ginger, lemongrass and garlic, red chili power cook about 20 minutes.
5. Mixed together sautéed 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)
- 2tbsp fried garlic oil
- 2 green chilli (finely chopped)
- 1bunch coriander leaves (chopped)
- 1lime (juiced)
- 1tsp salt
- 1tsp pepper
- 1cup 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

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

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



Method

- 1.boiled the bean not too cook just about 3minutes.
- 1.Heat the oil .
- 2.Fry garlic and until golden.
- 3.Add Grounded peanut power .
4. Put all ingredients into th bowl .
- 5.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
2tbsp peanut oil
1tbsp roasted sesame seed
1tsp salt
1tbsp 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

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



Method

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

..

Myanmar TeaLeaf Salad

Serves 4

Preparation Time 10 minutes

Ingredients

3tbsp peanut oil
20g julienne of cabbage
1pkt mixed nuts
2pcs tomatoes
1tsp salt
1pcs julienne of onion
1tbsp chicken power
30g tealeaf pounded
1pcs 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.
- 6.Served with steamed rice.