

Bu Thi Kyaw (Fried Bottle Gourd)

by Chef Sela Paw with LorAe Htoo and Aewa Shee

Ingredients

1 medium bottle gourd, cut and slides into pieces
2 cups frying batter mix flour (can also use rice flour or chickpea flour as substitute)
A pinch of baking powder
A pinch of turmeric powder
1 tsp salt
A pinch of sugar
A pinch of MSG
1 cup cold water
Oil for frying
2 T tamarind
1-2 cloves of garlic
Cilantro, chopped
A pinch of chili
1 tsp fish sauce
Lime, to taste

Method

In a mixing bowl, combine the frying batter mix with a pinch of baking soda and a pinch of turmeric powder. Add water and continue stirring until you get a thick consistency. Dip the bottle gourd slices into the batter until it's fully coated. Add a good amount of oil into the pot for deep frying. After it's heated up, put in the coated bottle gourd slices into the oil. Take the gourd pieces out of the oil when it looks golden brown and crispy.



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For sauce

Use mortar and pestle to smash garlic and chili pepper. Soak tamarind in warm water for about 10 minutes. Move it into a bowl and then add fish sauce, sugar, cilantro, soaked tamarind together. Add more lime or sugar to your desired taste.



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