



Burmese Fish and Tomato Recipe

Recipe Provided by: Cingsuan Neam
Traditional Burmese Recipe

INGREDIENTS

- Choice of whole fish
- Salt, to taste
- Turmeric powder, to taste
- Fish sauce, to taste
- 1 onion
- 1 clove of garlic
- 2-3 tomatoes
- Olive oil
- Parsley

DIRECTIONS

1. Wash the fish.
2. Remove the head, guts, scales, and intestines.
3. Cut the fish into 4 or 5 pieces.
4. Mix it with salt, turmeric powder, and fish sauce and marinate it.
5. Thinly slice 1 onion and 1 clove of garlic.
6. Also chop 2 or 3 tomatoes in pieces. Put them aside.
7. Put oil in pan to fry the fish. When the oil is hot, add the marinated fish and fry.
8. When the fish becomes crispy, take off the heat and pour out the oil.

9. Heat about 5 ounces of new oil (you may use more oil if you have a lot of fish). When the oil is hot, add the finely chopped onion and garlic. (At the same time: add 1/2 teaspoon of turmeric powder to get a nice curry color. If you like spicy food, then you can also add red dried chili powder.) Fry until the onion and garlic turn into a nice golden color.
10. When it becomes golden, add the chopped tomatoes, and fry it. When the tomatoes are cooked, add the fried crispy fish.
11. Gently stir the tomatoes and fish until they are mixed.
12. When it's mixed, add about 10 ounces of hot water, close the lid and keep it on heat for about 5 minutes.
13. Cut a small amount of parsley and cover it on top, close the lid and turn off the heat.
14. Ready to eat.

NOTES

