



Kyat-Tharr-Bu-thee Hin Chicken Curry with Squash



A dinner party classic.



The basis of this dish is common amongst nearly all Myanmar curries and can be adapted depending on the range of ingredients you have to hand.

If you prefer to have more vegetables you can include anything from potatoes, beans and spinach to courgette and aubergine.

A Myanmar favourite this recipe reminds people of happy times and is often eaten when socializing.

Traditionally this curry would be served alongside soup, rice and salad.

Chicken Curry With Squash

Serves : 4

Cooking Time: 50 mins

1. To make the curry paste, first put the dried chilli into a bowl of warm water and soak for 10 minutes.
2. Drain the chills and pound in a pestle and mortar until it has become a paste.
3. Then add each ingredient, pounding it into a paste before adding the next. Chopped ginger first, then peeled garlic and then sliced shallots.
4. Fry the curry paste in hot oil for 3 minutes.
5. Add the chicken, turmeric and salt to the pan and stir. Put the Lid on and cook for 20-30 minutes
6. Add a little more water if the sauce is too thick and some fish sauce.
7. Chop the squash into small pieces. Leave out any large seeds. And add to your curry. Cook for a further 10 minutes or until softened.
8. Taste the dish and add tamarind juice for acidity or green coriander to make it fresher.
9. Sit down and enjoy!

Ingredients

4 Cuts of Chicken

1/2 Squash

Tumeric

Salt

For the Curry Paste

2 Dried Red Chilli

1 inch of Ginger

1 Garlic bulb

4 Shallots