

Diet

The diet in Burma/Myanmar is highly varied due to fertile soil and abundant water resources. Food staples are rice, fish, and a variety of fruit and vegetables. The most common way of cooking fish or meat is in sauces of turmeric, curries, chiles, crushed garlic, and spices. At dinner, there are no courses. Food dishes are laid out on the table so that diners can make their own choices.

Healthy recipe

Curried eggplant (serves 4-8)

Ingredients

2 stalks lemongrass (fresh, trimmed and chopped)
2 serrano chiles (deseeded and chopped)
1 bunch fresh cilantro (stems removed, leaves chopped)
4 cloves garlic (peeled and crushed)
2 tbsp. fresh ginger (peeled and diced)
1 tbsp. sugar
2 tsp. ground turmeric
2 tbsp. olive oil
4 Japanese eggplants
4 shallots (minced)
1 can coconut milk
1 cup water
1 Maggi cube
2 tbs. Thai fish sauce

Directions

1. Place the lemongrass, cilantro, chiles, garlic, ginger, sugar, and turmeric in a food processor and pulse to a paste. Set aside.
2. In a large, deep frying pan over medium-high heat, warm 1 tbsp. of the oil until very hot. Add the eggplant and cook, turning once, until browned on 2 sides, 3–4 minutes. Transfer to a layer of paper towels and set aside.
3. In the same pan, add the remaining tbsp. of oil, and then add the paste and shallots. Cook, stirring constantly for about 5 minutes. Add the coconut milk, water, Maggi cube, and fish sauce. Stir well.
4. Add the eggplant, and bring the liquid to a gentle boil. Reduce the heat to low and simmer until the eggplant is tender but not mushy. This takes about 15 minutes.
5. Serve with white rice and broiled fish.