

Myanmar

Pon Yay Gyi Kyet Thar *(Black Bean Chicken)*

The Sanon Restaurant in Bagan has been supporting disadvantaged young people to build careers in hospitality for some years.

This recipe was developed by volunteer hospitality trainer Gordon with the Sanon team, and uses the rich flavour of local ingredient pon ya gyi (fermented bean paste).

Ingredients

- 2 chicken breasts (about 600g), chopped
- 2 tbsp dark soy sauce
- 2 large red onions, chopped
- 7 cloves garlic, chopped
- ½cm ginger, chopped
- 1 tbsp peanut oil
- 2 cups of water
- ½ tsp sugar
- 4 whole shallots, peeled
- 1 tsp paprika
- ½ tsp turmeric powder
- 1 tsp of salt
- 50g pon yay gyi (fermented bean paste)*

For the marinade

- 1 tbsp dark soy sauce
- ½ tsp salt
- ½ tsp sugar

Method

Combine marinade ingredients with chicken and leave in a fridge or cool place for at least one hour.

Using a mortar and pestle, pound onion, garlic and ginger into a paste.

Heat peanut oil in a large pan, add turmeric powder and paprika and fry for one minute.

Add garlic paste and fry until fragrant.

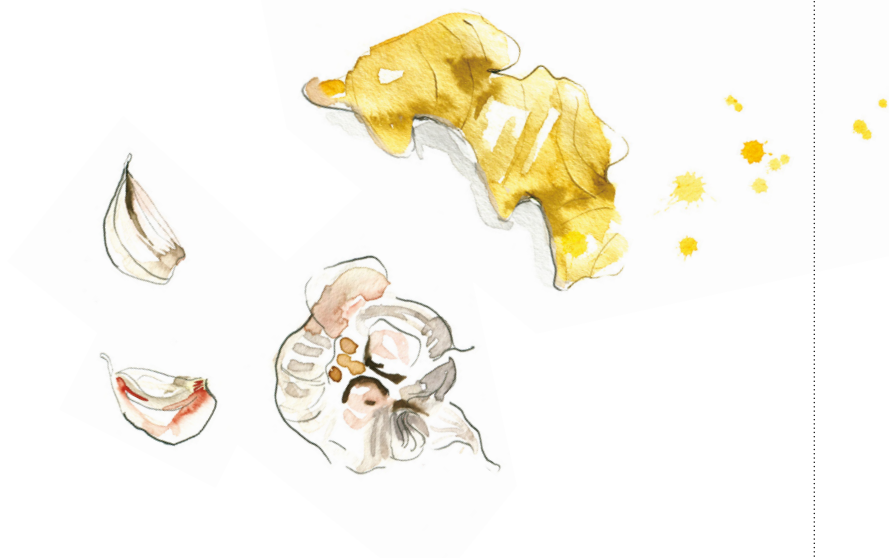
Add the chicken and the marinade and fry for three to five minutes.

Add water and salt and simmer for five minutes.

Add pon yay gyi paste and an extra half a cup of water and stir.

Add whole shallots and simmer until chicken and onions are cooked.

Serve hot, with rice.



Tips

- * There are different types of fermented bean paste produced in different countries. If pon yay gyi is not readily available, you may like to try another variety.