
Tiah's Garden Recipe:

Snake Gourd With Chicken



5-8 small snake gourds, sliced at an angle. If the gourd has mature seeds inside, remove them.

2 Thai hot chili pepper or 1 jalapeno, sliced

3 cloves garlic, chopped

1 onion, sliced thinly

2 cups raw chicken breasts, sliced and marinated***

1 tsp. real chicken base

salt and pepper to taste

2 tbsp. olive or vegetable oil

½ cup water

Marinade:

¼ tsp. powdered garlic

1 tsp. soy sauce

1 tsp. cooking wine

¼ tsp. sugar

¼ tsp. pepper

1 tsp. cornstarch

DIRECTIONS:

Marinate chicken in marinade for 10 minutes. Stir fry chicken, garlic, pepper and onion in hot oil for 5 minutes. Add sliced snake gourds, chicken base and water. Continue cooking until snake gourd is tender. If desired, 1 tsp. cornstarch can be added to the stir-fry at the last minute to make the liquid more gravy-like.

This recipe can also be prepared using asparagus or long beans.

Recipe recorded during one of Tiah's garden cooking workshops.