

## BURMESE RECIPES

### Tomato Soybean Dip

1 soybean wafer OR ½ teaspoon hot canned soybean paste  
1 bulb garlic  
4 plump green chilies  
1 tablespoon chopped spring onion greens  
2 medium onions  
4 tomatoes  
1 teaspoon (or less) salt  
1 tablespoon chopped coriander leaves

If soybean wafer is used, toast it, cool and pound. Set aside. Take outer layers of skin off onion and garlic. Pierce garlic cloves with a pin and bake both in oven or hot sheet until insides are soft, turning to bake evenly. Cook tomatoes and chilies the same way until soft as well. Take out chili seeds and discard. Pound all together, putting tomatoes in last when everything else is well mixed. Add soybean powder, or paste. Mix, add 2 tablespoons boiled water, add salt to taste, mix, and served sprinkled with chopped spring onion greens and chopped coriander leaves. Serve with veggies, breads or crackers.

### Moh Hin Ghar (“The national dish of Burma”) Rice Vermicelli with Fish Soup

#### Serves 6- 8

500 g (1 lb) fillets of strong flavored fish  
4 medium onions, roughly chopped  
6 cloves garlic, peeled  
2 teaspoons finely chopped fresh ginger  
1 teaspoon ground turmeric  
1/2 teaspoon chili powder  
2 tablespoons sesame oil  
4 tablespoons peanut oil  
2 fresh chilies, seeded and chopped  
4 cups thin coconut milk  
banana heart or 255 g can bamboo shoots  
1 tablespoon fish sauce  
3 tablespoons chick pea flour  
2 cups thick coconut milk  
2 tablespoons lemon juice salt to taste  
500 g (1 lb) fine egg noodles or rice vermicelli



If using fresh fish wash and scale the fillets and simmer for minutes in just enough water to cover. Reserve the stock. Put onions, garlic, ginger, turmeric and chili powder in container of electric blender and blend to a puree. Heat both oils in a large saucepan and fry the blended ingredients and chilies, add in pureed mixture. When it is golden brown and beginning to stick to the pan add fish stock, thin coconut milk and prepared banana heart. Bring to the boil, turn heat lot and simmer until banana heart slices are tender. Add fish sauce to mixture. Mix the chick pea flour smoothly with a little cold water or some of the thick coconut milk and add to pan. Keep stirring as it comes to the boil. Simmer 5 minutes, add fish and, if using canned fish, the liquid from the can as well. Add thick coconut milk and lemon juice stir as it comes to simmering point. Season to taste- salt if necessary. Cook noodles in boiling salted water until tender. Drain well and serve in a large bowl alongside the soup. Noodles are served first and soup ladled over the top. Moh hin gha must be served piping hot.

## **Kyar Zan Kyii Khaut Swaee**

### **Serves 6- 8**

1.5 kg (3 lb) roasting chicken  
1 teaspoon ground turmeric  
2 teaspoons salt  
1 1/2 tablespoon curry powder  
1 1/2 cups thick coconut milk  
3 large onions, finely sliced  
3 cloves garlic, crushed  
1/2 cup chickpea flour  
2 cups thin coconut milk  
4 eggs hard boiled  
500 g (1 lb) rice noodles, dried or 1 kg (2 lb) fresh rice noodles  
2 teaspoons chili oil  
1 teaspoon of chili powder  
2 tablespoons of olive oil

Put chicken into a saucepan with turmeric, salt, curry powder and just enough water to almost cover. Bring to boil then reduce heat, cover and simmer until chicken is tender. Cool, then discard bones and cut meat into small pieces. Cook thick coconut milk in a saucepan, stirring constantly, until it becomes thick and oil rises to the top. Keep cooking until it is very oily, then add half the onions and all the garlic and fry, stirring, until they start to color. (Set aside remaining onion to be served raw with the finished dish.) Add chicken meat to the frying onions and cook, stirring constantly for a few minutes. Set aside. Mix chickpea flour with cold water to form a thin cream. Add thin coconut milk to the pan and when it comes to a boil stir in the chickpea flour mixture. Cook and stir constantly until it thickens, taking care it does not become lumpy or stick at the base of the pan. Add strained chicken stock a little at a time until the gravy is as thick as that of a stew. Add the chicken and onion mixture. If dried rice noodles are used, they will have to be soaked 2 hours in cold water, drained and boiled in a large amount of water until cooked through. Do not overcook. Drain well. Bring the chicken combination to simmering point, stir in chili oil and remove from the heat. Serve in a large bowl. Noodles, sliced hard-boiled eggs and raw onions served separately.

## **Thagu-Pyin Palm Sugar Sago (Dessert)**

1 3/4 cups plus 1 cup water  
1/2 teaspoon butter  
1 heaping cup dry sago or tapioca  
1 large or 1 1/2 pounds grated coconut  
2 cups solid palm sugar OR 1 1/2 cups maple syrup  
A pinch of salt

Boil 1 3/4 cups water. Wash sago quickly; add to boiling water and stir. Dissolve palm sugar in 1 cup heated water. When sago begins to get transparent, strain in dissolved palm sugar (or add maple syrup). Boil a few minutes more till sago is cooked through. Pour into shallow buttered tray and let cool and set. Grate coconut. Add large pinch salt and mix into grated coconut.