



Burmese Coconut Chicken Noodles (Ohn-No Khao Swè)
Serves 6

Use any type of noodles that you have on hand. Flat fettucine noodles would work well (what I used), or egg noodles. Rice noodles would be fine too.

Garnishes add fun and excitement to this dish, so feel free to go beyond the usual ones that I have listed.

Click on the YouTube video listed at the end if you'd like to see how this dish is made, although I did not follow her recipe.

Ingredients

- 1 ½ lbs. boneless, skinless chicken thighs
- 4 tbsp. fish sauce, divided
- 1 tbsp. turmeric
- 1 tsp. chili powder
- 1 lb. wheat or egg noodles
- 3 large shallots, peeled and chopped (or small red onion, about 6 ounces)
- 1 heaping tbsp. chopped ginger, about a 1" knob
- 5 cloves garlic, peeled and chopped
- ¼ cup vegetable oil
- 1 (14 oz.) can coconut milk, divided

Garnishes

- Lime wedges

Sliced shallots or green onions

Chopped cilantro

Chili powder, chili oil, or chili paste

Soft-boiled eggs (somewhere around a 9-minute egg, slightly soft in the center)

Directions

Slice or dice the chicken thighs into bite-sized pieces, and place into a bowl. Add 2 tablespoons of the fish sauce and mix well. Set aside to marinate while you prepare the rest of the ingredients.

While the chicken is marinating bring a pot of water to the boil for cooking the noodles.

To a food processor add the shallots, ginger and garlic. Add the remaining 2 tablespoons of fish sauce, turmeric, and chili powder. Process until everything is evenly combined, or finely minced.

Heat the oil in a large fry pan. When the oil starts to shimmer add the onion paste and cook over low heat, until the paste starts to become golden brown, about 10 minutes. The paste will have reduced by about half once the water has cooked out of it, that's how you'll know it's ready. Once the paste is ready, add to the pan ½ cup of the coconut milk and 1 ½ cups of water. Let this simmer until reduced by half, stirring occasionally, about 10 minutes.

Stir in the chicken pieces, and the remaining coconut milk. Bring to a simmer, and cook for 5 minutes, or until the chicken is done. If you've cut the chicken into small pieces it will cook very quickly. Taste for salt and add a bit if necessary.

Now it's time to cook the noodles. Add to the boiling water and cook according to package directions. Drain and put into a serving bowl, drizzle with oil and toss the noodles so they won't stick together.

To serve, set out bowls with the noodles, curry, and the garnishes, and let people serve themselves.

Recipe and photo credit: Linda McElroy

Source materials:

<http://www.meemalee.com/2010/08/ohn-no-khao-swe-burmese-coconut-chicken.html>

https://www.youtube.com/watch?annotation_id=annotation_574106&feature=iv&src_vid=yvrD_3Llals&v=Zjn3jRGOU4Q



Burmese Ginger Salad (Jin Thoke)

Yield: 6 servings

This refreshing salad is made up of pickled ginger, fried shallots and cabbage. Pickled ginger is the star of this salad, and although you can purchase a jar of pickled ginger I would urge you to pickle your own. In fact, depending on where you live, it may be easier for you to purchase fresh ginger than to find a jar of pickled ginger in your store. I find the flavor of home pickled ginger far superior to purchased, without additives and coloring. And it's quite easy to make. Give yourself time to make it ahead and let it cure for a few days.

If you can't locate Napa cabbage, or even Savoy cabbage, I don't think I would substitute regular green cabbage, it's not leafy enough. I think I would prefer a substitute of crunchy romaine lettuce if necessary.

And if you're really averse to frying your own shallots you can always pick up a bag of fried onions, I think even Trader Joe's has them, but then you won't have the lovely resulting shallot oil for the salad dressing. In that case you would just use some other kind of oil instead.

I've adapted this salad from Naomi Duguid's book "Burma, Rivers of Flavor." Her recipe called for 1 cup of ginger to 1 cup of cabbage. I've increased the amount of cabbage fourfold, in addition to other small changes.

Ingredients

- ½ cup pumpkin seeds, toasted
- 1 cup peanuts, roasted, coarsely chopped
- ¼ cup white sesame seeds, toasted
- 1 cup pickled ginger, see recipe below, or purchased

1 small tomato, diced, about ½ cup
4 cups sliced Napa cabbage
½ cup fried shallots, see recipe below, or purchased

Dressing ingredients

¼ cup fresh lime juice, (from 1 to 2 limes)
2 tbsp. fish sauce, or 4 tbsp. pounded dried shrimp
1 tbsp. pickled ginger brine
5 tbsp. shallot oil, from the fried shallots
½ tsp. kosher salt, or ¼ tsp. table salt
1 tsp. sugar

Directions

Begin by toasting your nuts and seeds, if they aren't already toasted. Pumpkin seeds, or pepitas, usually come raw or roasted. To roast them, simply place in a dry skillet over medium heat, and toast, stirring, until they start to change color and "snap, crackle, and pop!" Remove from heat and cool. Same goes for sesame seeds and peanuts, they'll take just a minute to toast in a dry pan. Just make sure you toast them all separately.

Remove the ginger from the brine and slice into julienne strips. You can stack the slices and cut through several layers at a time to make this job go quickly.

Add the toasted nuts and seeds, ginger, tomato, cabbage, and ½ cup of the fried shallots to a large salad bowl, toss. Mix the dressing ingredients together and toss with the salad. Add salt and pepper to taste. Garnish with the remaining fried shallots.

Recipe and photo credit: Linda McElroy

Adapted from: "Burma, Rivers of Flavor," by Naomi Duguid



Fried Shallots and Shallot Oil

Ingredients

- 1 cup peanut oil
- 2 cups (about 1/2 lb.) thinly sliced Asian or European shallots

Directions

Place a wide heavy skillet or a large stable wok over medium-high heat and add the oil. Toss in a slice of shallot. As the oil heats, it will rise to the surface, sizzling lightly.

When it's reached the surface, add the rest of the shallots, carefully, so you don't splash yourself with the oil, and lower the heat to medium. (The shallots may seem crowded, but they'll shrink as they cook.) Stir gently and frequently with a long-handled wooden spoon or a spider. The shallots will bubble as they give off their moisture. If they start to brown early, in the first 5 minutes, lower the heat a little more. After about 10 minutes, they should start to color. Continue to cook, stirring occasionally to prevent them from sticking to the pan or to each other, until they have turned a golden brown, another 3 minutes or so.

Line a plate with paper towels. Use tongs or a spider to lift a clump of fried shallots out of the oil, pausing for a moment to shake off excess oil into the pan, then place on the paper towel. Turn off the heat, transfer the remaining shallots to the plate, and blot gently with another paper towel. Separate any clumps, sprinkle with salt and toss them a little, then let them air-dry 5 to 10 minutes, so they crisp up and cool. (If your kitchen is very hot and humid, they may not crisp up; don't worry, the flavor will still be there.)

Transfer the shallots to a clean, dry, glass jar. Once they have cooled completely, seal tightly. Transfer the oil to another clean dry jar, using all but the very last of it, which will have some stray pieces of shallot debris. (You can set that oil aside for stir-frying.) Once the oil has cooled completely, cover tightly and store in a cool dark place or refrigerator.

TIP:

You'll end up with about 3/4 cup fried shallots and 1-1/4 cups shallot oil, but they both keep well and have many uses: drizzle the oil on salads or freshly cooked greens, and use a handful of shallots to finish and flavor a salad.

Recipe reprinted with permission from Naomi Duguid, "Burma, Rivers of Flavor"

Photo credit: Linda McElroy



Pickled Ginger

Yield: 1 cup

When shopping for fresh ginger try to find the largest and smoothest knobs possible. This will give you the most yield. Smooth tight skins show that the ginger is fresh, and if you try to snap off a piece of ginger it should snap cleanly and look juicy, rather than dry and stringy.

If you are only able to find small knobby pieces buy extra, as you will end up with less yield.

Ingredients

1 cup peeled and thinly sliced ginger (a 5 to 6 oz. piece yields about 1 cup sliced)

½ cup unseasoned rice wine vinegar

⅓ cup sugar

½ tsp. fine sea salt

Directions

Peel and slice the ginger as thinly as possible. If you have one of those inexpensive Japanese mandolins, this is the tool for the job. Place the ginger into a small jar, just big enough to contain the ginger.

Bring to a simmer the vinegar, sugar and salt. Pour the hot brine over the ginger in the jar.

Let sit for at least 24 hours. Will last indefinitely in the refrigerator.

Recipe and photo credit: Linda McElroy

Myanmar Customs and Cuisine



Myanmar has diverse and deep culinary traditions. At the crossroads between South and Southeast Asia, you find the tangy spices of some Indian curries alongside the sweet and spicy flavors often associated with Thai food. Across Myanmar, daily meals may look very different depending on one's ethnicity, economic status and geography, but almost all will have at least one meal, if not two, that features rice every day. You will also find a variety of noodle dishes that accompany pork, chicken, fish and vegetable curries. Meat tends to be more expensive and is used in small quantities and sparingly.

Because Myanmar also has diverse geographical features, favorable seasonal conditions and is naturally endowed with fertile soil and water resources, it boasts an abundant supply of food in a great variety all year around. Dishes may be prepared in a variety of ways, but the most common method is to cook meat or fish in oil, seasoned with pounded onion, garlic, ginger, turmeric, chili and spices, and simmer until all or most of the water evaporates. The essential and most popular condiment is a kind of relish made from preserved fish or prawn, served with chili powder.

Often Burmese and other ethnic food can be complicated and take many hours to prepare. Pots of boiling stews sit on top of the fire all day in the villages and towns and salads include so many ingredients that must be diced, chopped and sliced. In

addition to Burmese-style curries, rice and noodles, people all over the country eat Indian samosas and roti as a quick and cheap snack. Myanmar people enjoy rice as their main food and it comprises about 75 percent of the diet. Rice is served with meat or fish, soup, salad and vegetables all cooked in their own ways, and some relishes to complement the meal.

During meals, all the dishes are laid out on the dining table and served together so that diners can make their own choices and combinations. Most traditional snacks, which are rich in variety and taste, are generally made with rice. Mohinga, or rice noodle served with fish soup, is the favorite Myanmar dish mostly enjoyed at breakfast or on special occasions. Laphet, or pickled tea leaves, with a dash of oil and served with sesame seeds, fried garlic and roasted peanuts, is another popular snack typical of Myanmar.

Sources:

Myanmar.com

Material also provided by “Girl Determined”

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