

Myanmar

Asia

Menu

1. *Ohn-no-kauk-swey* (wheat noodle in coconut chicken soup)

Ingredients:

2 lbs. chicken
5 Tbsp. fish sauce
1 tsp. salt
1 Tbsp. chili powder
1 Tbsp. oil
1/4 cup thick coconut milk
3 boiled eggs
1 lb. onion
10 Tbsp. pea powder
3 lbs. wheat noodles

Directions:

Chop the chicken. Boil the chicken in 2 quarts of water. Add fish sauce and boil for 15 minutes. Drain soup into a container, leaving boiled chicken. Add oil, salt, and chili powder and fry the chicken for 5 minutes. Add coconut milk and pea powder. Remix with the chicken soup. Add 2 more quarts of hot water and 1/2 lb of quartered onions to the soup. Boil for 15 minutes on low heat. Fry dried, thick wheat noodles. Serve noodle and soup in separate bowls. Garnish with sliced eggs, onion and chili powder.

2. *Beya kya* (split pea fritters)

Ingredients:

1 cup split peas
2 medium onions, finely chopped
1/4 tsp. chili powder
1/2 tsp. ground turmeric
1/2 tsp. salt and oil for deep frying
Sliced onion and lemon wedges to garnish

Directions:

Soak split peas overnight, or for at least 6 hours, in water. Drain and grind to a paste in a blender. Mix in all other ingredients except oil. Make small balls and flatten to 1/2 in. thickness. Heat oil in deep frying pan and put the fritters, one at a time, into the oil. Fry until golden brown. Drain on absorbent paper. Serve garnished with sliced raw onion and lemon wedges.

3. Cooked rice

Life in Myanmar

Myanmar, previously known as Burma, is a country made up of diverse peoples and subcultures. More than half of Myanmar's labor force works in agriculture, growing rice, corn, sugarcane, and a variety of other crops. However, many of the farming families struggle just to grow enough food to feed their children. World Vision is working alongside these families to teach them new agricultural techniques that can increase harvests and help them better provide for their children.

Typical meal

Myanmar people enjoy rice as their main food and it comprises about 75% 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.

Christmas party in Myanmar



World Vision Myanmar Hlaing Thar Yar East ADP celebrated its annual Christmas party in a primary school with 1,500 children.

References:

<http://www.myanmars.net/people/recipe.htm#Ohn-no-kauk-swey>

Asia Recipe. Myanmar. May 29, 2006.

<http://asiarecipe.com/burveg.html#pea>. Accessed June 20, 2006.

Myanmar.com. Lifestyle. 2006.

http://www.myanmar.com/lifestyle/traditional_foods.html. Accessed June 27, 2006.