

Moh Hin Ghar

Ingredients:

Amount (1,.50, 8)	Unit (cup, Tbsp, g, ml)	Item (egg, chaya leaves, sugar)	Preparation (crushed, diced, whole)
500	g (1 lb)	strong flavored fish	
4	medium	onions	roughly chopped
6	cloves	garlic	peeled
2	tsp	fresh ginger	finely chopped
1	tsp	turmeric	ground
1/2	tsp	chili powder	
4	tbsp	peanut oil	
2		fresh chilies	seeded and chopped
4	cups	thin coconut milk	
		banana heart or 255 g can bamboo shoots	
1	tbsp	fish sauce	
3	tbsp	chick pea flour	
2	cups	thick coconut milk	
2	tbsp	lemon juice	
		salt to taste	
500	g (1 lb.)	fine egg noodles or rice vermicelli	

Recipe Instructions:

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

Recipe Notes: The national dish of Burma

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