
Moh Hin Ghar

Ingredients:

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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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