

MOKE HIN GAR

When it comes to comfort food, mohingar is top of the list. It brings back fond memories of early morning visits to the street corner which started with breakfast at a mohingar stall nearby. This noodle soup is considered the Burmese national dish and is eaten for breakfast, lunch and dinner. Not surprisingly every family has their own variation and this is the favorite recipe.

Prepare The Fish

300g catfish (or use whole trout)
1 lemon grass stalk, bruised
¼ teaspoon ground turmeric
500ml water

To Make The Onion Paste

1 large onion, chopped
3 cloves garlic
1cm fresh ginger
2 lemon grass stalks, white part only
3 whole dried chillies, soaked in hot water
1 teaspoon shrimp paste
½ teaspoon paprika
½ teaspoon ground turmeric
6 tablespoons peanut oil

To Make The Soup

1.5 litres water
100g young banana stem, sliced
(alternatively use 12 small shallots, peeled)
75g ground rice powder, roasted
3 tablespoons fish sauce
1 teaspoon ground black pepper

Eat With

500g fine rice noodles or
wheat noodles, cooked
3 limes, halved
5 hard-boiled eggs, peeled & quartered
2 handfuls of fresh coriander, chopped
gourd or onion crispy fritters
extra fish sauce & chilli flakes