

Chin Burmese Culinary Tour
Tuesday, October 29 2013 6:00 pm
OK Restaurant

\$20 per person call Mallory at 319-728-7971 or email
cdc@columbusjunctioniowa.org for reservations

Menu descriptions come from **Burma, Rivers of Flavor** by Naomi Duguid

Eggroll with Kachin Salsa

Southeast Asia cooks know as well as Mexican cooks do how much flavor you can get from grilling vegetables before using them in salsas.

Most people in Burma have at least one meal a day centered on rice. Usually it's the main meal of the day eaten at noon.

Coconut Chicken

Coconuts grown on a tall palm tree that is salt tolerant. So it thrives in the areas around the Burmese coastline. Coconut is used mainly for sweet dishes in Burma, although coconut milk is an essential ingredient in many main dishes.

Pepper Steak

With fish, green, and rice readily available, beef and pork play the role of extras at the Burmese table. In central Burma they are served as intense curries that come as one of many dishes in a rice meal. In outlying areas they are more often cooked together with vegetables.

Thai Vegetable Fried

In the subtropical climate of central and southern Burma, fresh vegetables are available year-round and they play a huge role at the table. Every rice meal includes a plate of fresh or steamed vegetables as well as a spiced vegetable dish or two. Temperate climate vegetables like potatoes, pumpkin and broccoli rabe are also popular especially in the cooler months.

Laphet Toh

This salad is often called Burma's national dish. Laphet is the word for "green tea" and toh means "salad". It's a dazzling combination of fermented tea leaves, crisp roasted peanuts, toasted sesame seeds, dried shrimp and fried garlic. Packages of prepared laphet toh ingredients are available everywhere in Burma (and at Grace Chin Store). Laphet Toh is traditionally served as a final taste at the end of a meal, much like sweetened whole spices and the end of a north Indian meal, or tea or coffee at the end of a Western meal.

Fresh Fruit

In Burma, as in other places in the tropics and subtropics, there is a whole world of amazing sweet fruit for eating. Fruit is a snack and also a dessert.