



Traditional Myanmar Side Dishes



Quick and Tasty

HARMON
EAT

When you're eating out in Myanmar you will find that you often have more side dishes than the number of dishes you actually ordered!

Traditionally at dinner you will have a number of smaller dishes which can be mixed together or eaten separately. Usually this includes: a vegetable dish, a meat dish, a soup, a salad, rice and a variety of sauces and dips.

After dinner you may have a small sweet desert or tea leaf salad and a serving of tea.



Gazun Yuwet Fried Water Cress

Ingredients

400g Water Cress

4 Garlic Cloves

Optional Extras

Mushrooms

1. Wash the water cress thoroughly.
2. Rip the greens into bite size chunks and pinch the stem.
3. Fry finely chopped garlic for 30 seconds.
4. Add all of the watercress to the pan and stir ensuring that the garlic does not burn.
5. After 3 minutes you can add additional water and fry for another 2 minutes if you prefer it softer.
6. Take off the heat and serve immediately.

Nepiget Hot Tomato Dip

Ingredients

Myanmar Curry Paste

6 Tomatoes

Fish Paste

Dried Prawns

Water

1. Fry the curry paste for 3 minutes
2. Add chopped tomatoes, fish paste and a little water and simmer for 10 minutes until they have softened into a thick sauce.
3. Grind the dried prawns in a pestle and mortar to make a powder
4. Add to the pan with additional water if required and simmer for 2 minutes.
5. The dish is ready to serve in a small bowl alongside your meal.