



Shan Noodles Shan Khauk Swal



A Myanmar Classic



The name Shan is given to people who call themselves Tai Yai and derives from the old word for Thailand, "Siam"

Shan State is a vast hilly region and uses different flavors from its southern neighbours. Much of the food cooked is vegetarian and is made without the addition of fish sauce, the depth of flavor instead comes from fermented soya beans.

Shan Noodles are a very popular dish across the country, quick to prepare and delicious to taste it is usually eaten for breakfast or lunch. You will be able to find variations of this dish at most local cafes and restaurants.

Shan Noodles

Serves : 4

Cooking Time: 1 hour

1. Soak the rice noodles in cold water for 1 hour. If you are short of time, soak the noodles in warm water for less time until the noodles are soft. Rinse in cold water and drain.
2. Pound the chilli into a paste. Then add the shallots, garlic and ginger and pound until smooth.
3. Fry the curry paste for 2 minutes.
4. Add finely chopped tomatoes to the frying pan and cook for 10 minutes until softened.
5. Dice the chicken into small cubes and add to the frying pan. Cook for a further 10 minutes.
6. To serve spoon a portion of the chicken sauce onto the noodles. Pour a tiny amount of ground nut oil and soy sauce for additional flavor and sprinkle finely chopped spring onions over the top.
7. In a side dish out a portion of fermented soy bean and mix in a small amount of hot water and stir until it has become a watery paste. A couple of spoons will make your noodles come to life!
8. In another side dish add the pickled mustard.
9. If you prefer the dish to be sweeter, pound a handful of peanuts until they are a powder and sprinkle over the top.

Ingredients

2 Chicken Breasts

2 Red Chili

2 Shallots

1/2 Garlic Bulb

6 cm Ginger

3 Tomatoes

For the Garnish

2 Spring onions

Fermented Soy Beans

Pickled Mustard

Soy Sauce

Ground Nut Oil

Optional

Peanuts