



Hinn Cho Clear Soup



A delicious accompaniment to every meal



This soup is a popular dish at lunchtime in Myanmar and represents socializing and happy times. The soup is one of the side dishes of a meal and is eaten throughout the course of dinner as a palette cleanser.

There are a variety of accompaniments that you can include in the soup, although usually you will only add 1 leaf or vegetable. Popular in Myanmar is a leaf with fine leaves known as Myin-Khwar-Ywaq.

Myin-Khwar-Ywaq has excellent health giving properties, and is known to be good for your kidney, intestines and eye sight.

Clear Soup

Serves : 4

Cooking Time: 20 mins

1. Boil 3 cups of water in a sauce pan.
2. Once the water is boiling add fish paste, shallots and garlic cloves and simmer for 10 minutes.
3. Then add leaves and the dried prawns and simmer for 5 minutes.
4. The dish is ready to be served.
5. Serve in small soup bowls alongside your other dishes.

If you are cooking this away from Myanmar you may struggle to get hold of the leaves that are traditionally used in this dish. Green alternatives that you can use include are vegetables such as pak choy, spinach and young bean sprouts or herbs like parsley or coriander.

Fish paste and dried prawns are readily available in Myanmar. If you can't get hold of them you can experiment using fish sauce and fresh sea food such as prawns.

Ingredients

3 cups of Water

1/2 tsp Fish Paste (Napiga)

1 finely chopped Shallot

4 Garlic Cloves chopped

Handful of dried prawns

Bunch of Leaves

Myin-Khwar-Ywaq