



MOHINGA (Noodles in fish broth)

Serves: 4

Cooking time: 1hr 20mins

Mohinga, a rice noodle and fish soup dish, is considered by many to be the national dish of Myanmar. Traditionally served as breakfast by street hawkers and at roadside stalls, it is a comforting soup with intense aromatic ingredients including shrimp paste, lemongrass and chilli. Topped with fried onion, fresh coriander, snake beans this is a dish that will long bring back memories of the Golden Land.

Ingredients

½ cup peanut oil
1 tsp turmeric powder
½ red onion, finely sliced
1 stalk lemongrass,
white part only, finely sliced
2 cm piece of ginger, finely sliced
2 cloves garlic, finely sliced
2 tsp shrimp paste
1 tsp sweet paprika
3 tbsp cooked, crushed chickpeas
85 g toasted rice powder
4 tbsp fish sauce
2 red Asian shallots, peeled
2 hardboiled eggs, sliced
100 g boiled banana trunk
600 g cooked vermicelli noodles
4 sprigs of coriander, to garnish
4 snake beans, finely sliced
pinch of dried chilli flakes

Broth

1 whole catfish (or other similar fish),
cleaned
1 lemongrass stalk, bruised
2 gloves garlic, crushed
1 tsp turmeric powder
2 litres cold water

Chilli paste

3 lemongrass stalks,
white part only, finely sliced
4 whole dried chillies
4 red Asian shallots, diced
4 garlic cloves, diced
2 cm ginger, finely sliced

Steps

Broth: Add the catfish, lemongrass, garlic, turmeric and water to a large saucepan or stockpot. Bring to the boil over high heat and skim any impurities that rise to the surface. Reduce heat to low and simmer for 20 minutes. Strain the broth then remove the fish meat from the bones. Set aside and reserve the broth.

Chilli paste: In a mortar and pestle, pound the lemongrass, chillies, red shallots, garlic and ginger to a nice paste. Set aside.

Heat the peanut oil in a saucepan over low-medium heat and add the turmeric. Next, add the chilli paste. Add the red onion, lemongrass, ginger and garlic. Cook for 5-6 minutes. Add the flaked fish and coat in the paste. Sauté over low-medium heat for 20 minutes. Add the shrimp paste and paprika. Continue to cook, over low heat, for a further 5 minutes to infuse flavours.

Return the broth to the stockpot, place over medium heat. Add the crushed chickpeas, rice powder, fish sauce and flaked fish mixture. Season with salt and black pepper. Reduce heat simmer for 30 minutes. Add the red shallots and boiled egg. Add the banana trunk.

Divide the vermicelli noodles among 4 bowls. Pour the broth over the noodles. Garnish with coriander, snake beans and chilli flakes to serve.