



RAKHINE MONT DI

Serves: 4

Cooking time: 1 hour

Rakhine, a western state of Myanmar, which hugs the Bay of Bengal, is well known for its fresh seafood and spicy, flavour-some dishes. They rarely use oil, instead preferring shrimp paste and chillies making food spicy and salty. Rakhine Mont Di, the most popular dish in Rakhine State, comes in two forms: salad or soup. Fresh thin rice noodles (vermicelli) are used traditionally, as they ferment quickly, but at home dried vermicelli will achieve the same delicious result.

Ingredients

1 kg cat fish, or brown trout
2 pieces of ginger (1.5 inches for each)
3 tablespoons shrimp paste
15 garlic cloves
3/4 tablespoon black pepper
2.5 inches of galangal
Salt and chicken stock to taste
500g thin cooked rice noodles (vermicelli)
One sliced onion
Handful fresh coriander
Green and red chillis to taste
1/2 teaspoon turmeric powder

Steps

Fish Broth

Boil fish with ginger (1 piece) till it is cooked. Debone the fish and squeeze out the water by mashing. Take only water and set aside fish (it will be used for fish garnish)

Strain the liquid in which fish has been boiled. Add shrimp paste into liquid and boil until it starts to smell aromatic. After that, cool until solids settle. Then, Take only the clear liquid.

Add some more water as you desire into the clear liquid. Add blended of ginger, garlic cloves and pepper. Add roughly pounded galangal. Bring a boil. Add salt to taste.

Thin rice noodles

Cook as per the instructions on the package. Cool under cold water and set aside.

Side dish

To the fish that was set aside earlier, add 1/2 teaspoon oil and 1/2 teaspoon turmeric powder. Cook over low heat and stir until grainy. Add thinly sliced green chillis (as per your taste preference) and cook.

How to serve

Place noodles into a bowl. Pour the soup base over the noodles.

Add onion, coriander leaves, and additional red or green chilli pieces. Add grainy fish pieces on top. Adjust the taste with lime or tamarind juice and salt.