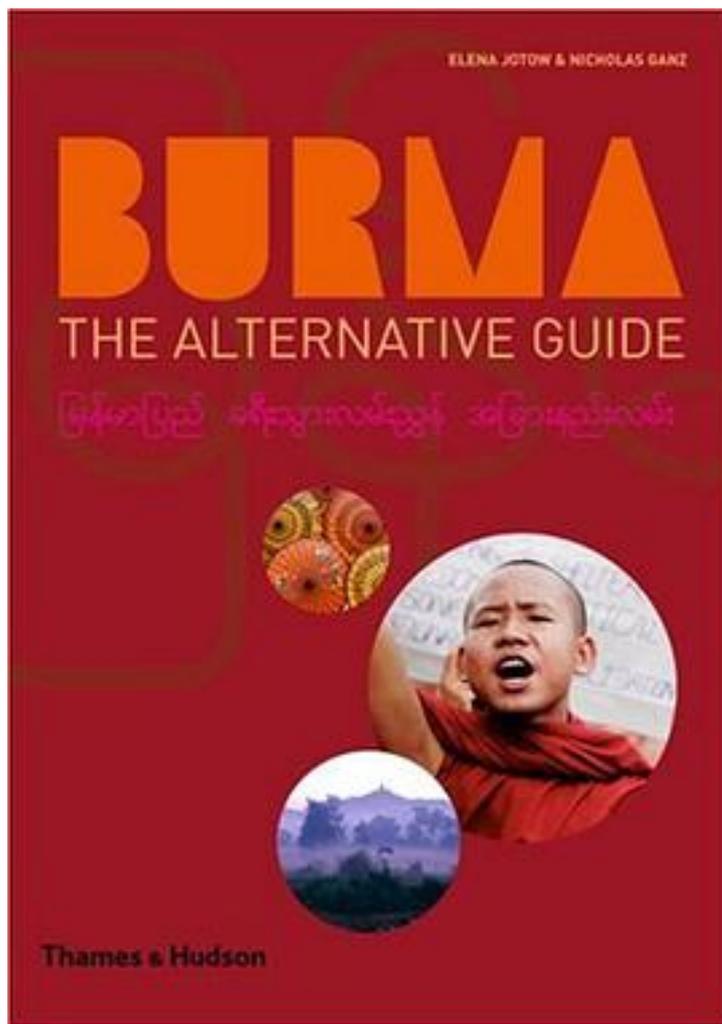


# Burma



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Located at the crossroads between China, India, and the nations of Southeast Asia,

Burma has long been a land that absorbed outside influences into its everyday life, from the Buddhist religion to foodstuffs like the potato. In the process, the people of the country now known as Myanmar have developed a rich, complex cuisine that makes inventive use of easily available ingredients to create exciting flavour combinations. Salads are one of the best entry points into the glories of this cuisine, with sparkling flavours - crispy fried shallots, a squeeze of fresh lime juice, a dash of garlic oil, a pinch of turmeric, some crunchy roast peanuts - balanced with a light hand. The salad tradition is flexible; Burmese cooks transform all kinds of foods into salads, from chicken and roasted eggplant to spinach and tomato. Mohinga, a delicious blend of rice noodles and fish broth, adds up to comfort food at its best. Wherever you go in Burma, you get a slightly different version because, as Duguid explains, each region layers its own touches into the dish. Tasty sauces, chutneys, and relishes - essential elements of Burmese cuisine - will become mainstays in your kitchen, as will a chicken roasted with potatoes, turmeric, and lemongrass; a seafood noodle stir-fry with shrimp and mussels; Shan khaut swei, an astonishing noodle dish made with pea tendrils and pork; a hearty chicken-rice soup seasoned with ginger and soy sauce; and a breathtakingly simple dessert composed of just sticky rice, coconut, and palm sugar. Interspersed throughout the 125 recipes are intriguing tales from the author's many trips to this fascinating but little-known land. One such captivating essay shows how Burmese women adorn themselves with thanaka, a white paste used to protect and decorate the skin.

作者介绍:

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标签

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## 评论

Naomi gives a very detailed introduction of the fundamental ingredients and dishes in Burmese cooking with some short stories of her visits to this country. A good book for people who are interested in learning Southeast Asian food.

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## 书评

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