

Dinner & A Book Recipes

Episode #1403 – The Lizard’s Cage

Mohingo, Burmese National Dish

- 1/2 b. strongly flavored fish
- 2/1/2 stalks lemon grass
- ¼ c. fish sauce
- ¾ t. powdered turmeric
- 2-4 fresh red chilies
- 2 large onion, chopped
- 3 T. peanut or vegetable oil
- 4. cloves garlic
- A inch piece fresh ginger
- 2 t. chick pea flour
- 2T. rice flour
- 2. c. thick coconut milk
- 1 stalk chopped fennel
- 1 ¼ lb. rice vermicelli

Instructions

1. Cut fish into pieces and place in a saucepan with water to cover. Remove green outer leaves of 2 lemon grass stalks and use only the pale green root section. Cut in half and bruise with the side of a Chinese cleaver or meat mallet. Add to the fish:
2. Fish sauce, turmeric and half the fresh chilies. Cover and bring to a boil and gently simmer until the fish is tender.
3. Life out the fish and break the flesh into tiny pieces, set aside. Put into fish stock.
4. Fry the chopped onions in the oil until cooked. Grind the garlic, ginger and remaining lemon grass and chilies together and add the onion and the oil. Fry for 2-3 minutes, then mash until smooth. Add to the fish stock. All is now in the fish stock.
5. Mix the rice and chick pea flours with a little cold water and pour into the stock. Add the coconut milk and at least 6 c. water. Add the very thinly sliced fennel bulb, season with salt to taste and simmer about 10 minutes.
6. Bring a large saucepan of well salted water to boil. Add the rice vermicelli and simmer until tender. Drain well, cover with cold water and drain again to remove any starch. Cover with hot water and set aside.
7. Drain the vermicelli and place in another dish. Take to the table with the pot of hot fish soup.

Add the following accompaniments and serve in small separate dishes

- 304 duck or hen eggs, hard-cooked and quartered
- 3 limes, cut into wedges

- 2-3 . fresh cilantro, chopped10 cloves garlic
- 10 shallots
- 2-3 fresh red chilies
- Fish sauce
- 2/3 T. ground roasted chick peas
- 1 c. broken rice vermicelli
- 15 green onions, chopped
- Shrimp and bean patties.