



Let's get cooking! * Enclosed you'll find almost everything to need to make delicious mohinga. You can also meet and watch your neighbor, Mhra from Myanmar, cook this dish online to see how it's done.

<https://youtu.be/WB6kqINToEk>

This meal kit provides almost everything you need to make mohinga.

Mohinga is a rice noodle and chicken (or often times fish) soup from Myanmar and is an essential part of the cuisine. It is considered by many to be the national dish, although there are many regional and/or ethnic variations. Mohinga is readily available in most parts of the country, and is often sold by street vendors and in roadside stalls in larger cities.



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Mohinga – serves 4 to 6

Ingredients*

*Note: Ingredients in red are not included in the meal kit. Asian ingredients available from Noble Asian Grocery – 2830 Saw Mill Run Blvd. 15227

Soup Base

2 stems of lemongrass

Fresh ginger

4 garlic cloves

2 T vegetable oil

½ pound banana stem

Large handful of small onions

6 c chicken stock

1 t turmeric powder

2 t fish sauce

½ to ¾ pound chicken, cut into bite-sized pieces

You can also use cooked chicken from leftover or purchased rotisserie chicken

Garnishes:

Rice noodles

Long beans

Chopped cilantro

Chopped fresh mint

Fresh lime juice

Yellow pea fritter

Tamarind sauce – if sauce is too thick, you can dilute with a bit of water

3 4 cloves garlic

2 T vegetable or olive oil

2 T red chili flakes – very spicy, add to taste

Cooking Instructions:

Remove the outside layer and most of the green part of the lemongrass. Thinly slice.

A word about lemongrass. It is very fibrous and tough, except for the inner layers that you can easily spot when you cut off the outside green layers. Even this inner layer is firm, but you can slice it into small pieces for processing.



1. Trim lemongrass by cutting off the spiky top and enough of the bottom so that you no longer see a woody core. Peel off a few of the outer layers until you're left with just the tender heart of the stalk.

<https://www.finecooking.com/article/lemongrass>

Roughly chop ginger root and garlic.

Add ginger, garlic and lemongrass to a food processor and process into a paste (if you don't have a food processor, you can use a mortar and pestle, or just chop/smash as best as possible). You should end up with around 3 T of paste.

Heat 2 T of oil over medium-high heat and cook the paste until very fragrant and slightly golden (2-3 minutes). Set aside.

Peel the small onions, separating any of the inner bulbs. No need to slice or chop.

Remove the tough outside layer(s) of the banana stem (the outside layers appear shiny). Slice the tender inner part into thin (1/4-inch or so) slices. If those slices are on the large side, cut them into half circles. Set aside.

A word about the banana stems. As someone who had never cooked with this ingredient before, I had no idea what to expect. It's actually very mild in flavor and kind of reminded me of celery (or water chestnuts) with respect to its crunchiness and texture. Also, banana root will start to discolor when chopped too far ahead of time. This will not affect its flavor.



<https://praneesthaikitchen.com/tag/how-to-prepare-banana-stem-for-cooking/>

Heat chicken stock, turmeric powder and fish sauce, bringing to a simmer. Add onions, sliced banana stem, and chicken, along with the sautéed ginger/garlic/lemongrass paste. Simmer gently until flavors are blended, onions and banana stem are tender, and chicken is cooked through (20-30 minutes). *Note, the banana stem will retain a little crunch.*

While soup simmers, prepare the garnishes. *This dish is all about the garnishes!* Pick and choose as you wish, but it's all about balancing the fresh herbs with the citrus of the lime and tamarind, the heat of the chili and the crunch of the pea fritter and beans. Yum!

Prepare rice noodles according to package instructions. After they are cooked, immediately rinse well with cool water (to prevent them from sticking) and set aside. ***This is important!*** *If the noodles aren't rinsed of their residual starch, they will stick together.*

Slice the long beans thinly (1/4-inch or so). Keep the long beans raw; they add a nice fresh crunch when added to the hot soup.

Roughly chop the fresh cilantro and mint.

Quarter the lime.

Break up the yellow pea fritters into large chunks (think croutons!).

Put tamarind sauce in a small dish.

Sauté the garlic

To serve:

It's fun to serve the soup from its large pot, surrounded by all of the garnishes so folks can build their own bowls, like Mhra. First add the rice noodles to the soup bowl, then all of the desired garnishes. Finally, top with the hot soup. Enjoy!