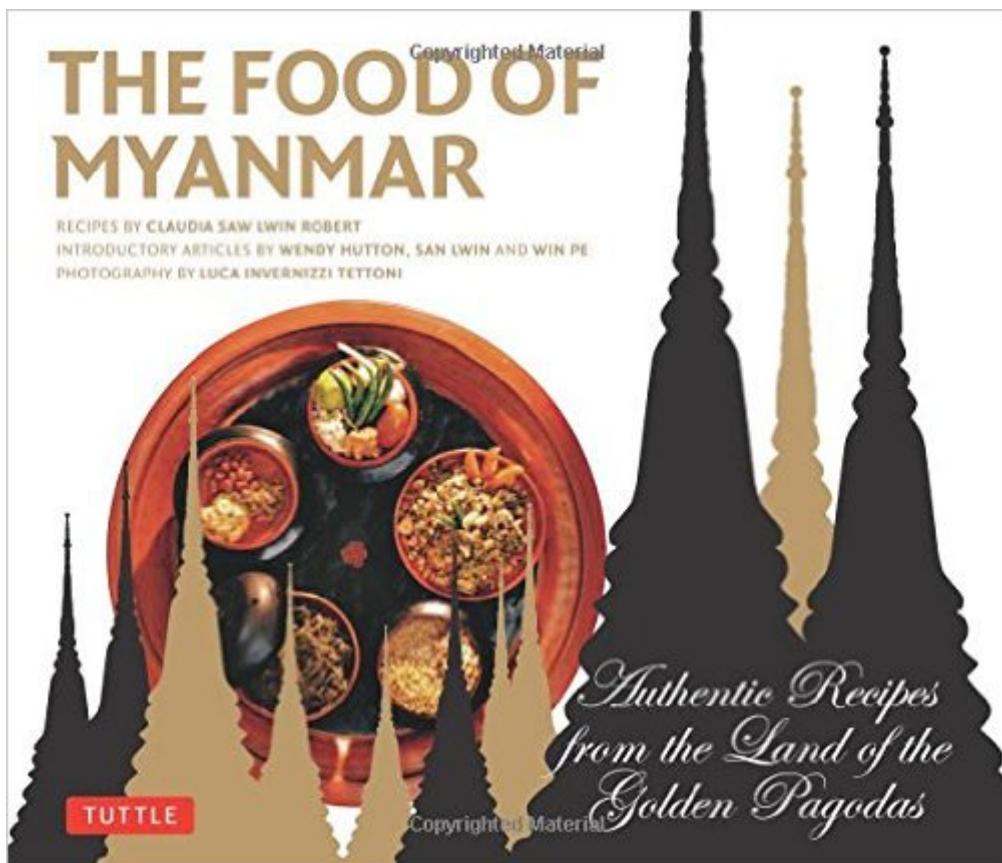


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# The Food Of Myanmar: Authentic Recipes From The Land Of The Golden Pagodas



## **Synopsis**

Myanmar, or Burma as it was previously known, is a land of golden pagodas, mighty rivers and generous deltas. While the beauty of its countryside has long been famous, Myanmar's cuisine has been something of a secret up until now. Myanmar has over 130 ethnic groups and has been called a meeting point for peoples around Asia. This diversity is reflected in the various types of foods that are eaten around the country. This unique Burmese cookbook featuring over 60 recipes, collected from all over the country, reveals the treasures of Burmese cooking. Discover a cuisine that is unique yet acknowledges the culinary traditions of its great neighbors: China and India. Stunning photography coupled with detailed information on ingredients, as well as fascinating insights into the culture of this enigmatic land, make *The Food of Myanmar* the perfect companion for your adventure into Burmese cuisine. Learn to create such national favorites as: Rice Noodles in Fish Soup Tangy Kaffir Lime Salad Hearty Pork Balls Cooked in Sweet Soya Bean Sauce Sesame-topped Semolina Cake with Coconut Floating Rice Dumplings

## **Book Information**

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## **Customer Reviews**

This is an excellent cookbook for Burmese food. It not only contains numerous authentic recipes but it also has explanations on Burmese history, traditions, cooking methods, and Burmese ingredients. Recipes are easy to follow and illustrated with colorful pictures. I am from Burma (now living in US) and found the cuisines in the book to be a genuine Burmese food. Recipes are not westernized like in many other Asian cook books. If you are a Burmese in overseas or a fan of exotic food, this is definitely a must have book

I am Burmese and I bought this book so I could cook the food of my country. Everything is very authentic and reminds me of home!

Burmese cookbooks are hard to come by: there are relatively few in print, and this joins only a handful of competitors to bring the food of Burma to the modern kitchen. Fine color photos of completed dishes supplement dishes which do require access to an Oriental market, but which are surprisingly easy to produce. Fans of spicy Asian dishes will welcome this Burmese presentation.

"The Food of Myanmar" is well worth it just for the first 35 pages of history, information, cooking techniques and guide to a typical Myanmar pantry. The early recipes cover dips, sauces, pickles and other condiments. From there it covers Appetizers, Rice, Soups & Noodles, Salads, Fish & Shellfish, Meat & Poultry, Vegetables and Desserts. The recipes are varied and fascinating, but if you don't have a good Asian grocery nearby, you might have trouble actually cooking them. There is an interesting array of ingredients that if you're not very familiar with Asian cooking might be new to you or hard to find such as roasted pea flour, curry leaves (you can buy curry powder around here, but I've never seen the leaves), lephet (fermented tea leaves--if you want to make them yourself, be prepared to wait 6 months before you can use them!), dried fermented soya bean cake or dried lablab beans. Some have substitutions listed such as cilantro leaves for saw-leaf herb, but many do not. The instructions are clear, and there are beautiful full-color photographs. If you are looking for authentic Burmese food, look no further--just make sure you have a source for the harder-to-find ingredients. I received a copy of this book from Tuttle Publishing for my honest review. All thoughts and opinions are my own.

Everything in the World Cookbook series from Periplus Publishers: The Food of... is a great asset to any cook novice to pro. The Food of Burma is no exception. The background on the culture and history give an insight to the Land of the Golden Pagoda. However the recipes is where the book shines. Authentic down to every spice, this is a must for the foodie. This book Everything in the World Cookbook series from Periplus Publishers: The Food of... is a great asset to any cook: novice to pro. The Food of Burma is no exception. The background on the culture and history give an insight to the Land of the Golden Pagoda. However the recipes is where the book shines. Authentic down to every spice, this is a must for the foodie. This book in particular is worth the investment now that the rest of the world calls Burma, Myanmar. Unfortunately, this has brought the books price into

the stratosphere.

I ordered this book, first on the strength of the reviews, compared to other offerings for the cuisine of this area, and second, because it looked like it would give a nice sampling of recipes. It arrived a couple of days ago, and I've looked through it pretty thoroughly. I am a long-time, experienced Asian cook with some in-country living experience, and I have a fairly well-stocked Asian pantry. Sadly, I found ingredients in most of these recipes that I would have a lot of trouble finding, and that sounded very unappealing, so that I doubt I will cook from this book at all. It is beautiful, and interesting, but I wish I had been able to just enjoy it briefly from the library for educational purposes only.

Very good cookbook, I bought another one as well and it was terrible, the same basic recipe for everything in the book!

Gave it as a gift. It delighted the recipient. That was the goal. Good enough.

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