



(Kayin) Mohinga

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<https://www.youtube.com/watch?v=YCSHctbqSKw>

Traditional Karen Recipe (Ethnic Group from Myanmar/Burma)

INGREDIENTS

- 1 fish (catfish or snakehead)
- Ginger (8-9 thick slices), then (6-7 slices later)
- 4 stalks lemongrass
- 3/4 cup fish sauce, then 1½ tablespoons later
- 2 teaspoons turmeric powder
- 1-2 tablespoons shrimp paste
- 10 cloves garlic
- 20 chilies to taste for spiciness
- 20 whole shallots
- 1-2 tablespoons mushroom seasoning

Optional:

- ½ tablespoon Nga-pi (fermented fish)
- 1 banana trunk
- Cooked rice vermicelli noodles
- Chopped fresh mint leaves and bean sprouts **or** chopped cilantro
- Chopped long green beans with lime slices
- Fried garlic in oil
- Extra fish sauce on the side

DIRECTIONS

1. Wash the fish.
2. Remove the head, fat, and guts.
3. Cut the fish into pieces.
4. In a large pot combine the fish with the 8-9 slices of ginger, 2 stalks of lemongrass, 3/4 cup fish sauce, 1 teaspoon turmeric powder, 1-2 tablespoons shrimp paste.
5. Add 4 cups of water.
6. Optional: Add 1/2 teaspoon Nga-pi (fermented fish).
7. Once all combined, close lid and bring to a boil on high heat (10-15 minutes or until meat is firm).
8. Dish out all the meat into a bowl and put aside to let it cool down.
9. Strain the broth and throw away the leftover ginger slices and lemongrass; you now have your fish stock.
10. Transfer the fish stock into a large pot and put aside while preparing the other ingredients.
11. If the fish is cool enough to touch, remove the skin (it should come off easily). Separate the meat from the bones (catfish is preferred for this reason since it has fewer bones).
12. Add meat into pestle and mortar and mush it up.
13. Add two cups of water to pot with fish stock and simmer on low to medium heat.
14. While broth is simmering, chop up in a food processor: 10 cloves of garlic, 6-7 slices of ginger, 1-2 stalks of lemongrass.
15. Sauté mixture with oil on medium heat; add 1 teaspoon turmeric powder.
16. When garlic does not smell as raw, add fish meat and fry until it is slightly brown and separated (no longer in clumps); at this stage it is important to remove any other bones that become visible.
17. Transfer meat mixture into the simmering broth; continue simmering on medium heat.
 - a. Note: For this version of Mohinga, it is normal for the broth to be thin.
18. While it is cooking, prepare the last ingredients going into the pot. Add to the food processor about 20 chilies (use less if you don't want it as spicy).

19. Next, take 1 banana trunk (optional as it is not always easy to find). Peel the outer layers and slice to thin round pieces. Wash and soak with a little bit of salt until ready to use.
20. Take 20 whole shallots and add to the broth as much as you'd like. On medium heat, bring this to a boil.
21. Optional: Add sliced banana trunks to broth.
22. Continue simmering on medium heat while stirring occasionally.
23. Add to broth: the chopped chilies, 1-2 tablespoons mushroom seasoning, 1.5 tablespoons fish sauce.
24. At this point, do a final taste test to see if it needs a little bit of salt.
25. Final step, check shallots to see if they're done. If a fork pokes through, then you are good. Turn off the heat.
26. Optional: Add any of the following to garnish your dish:
 - i. Cooked rice vermicelli noodles
 - ii. Chopped fresh mint leaves and bean sprouts OR chopped cilantro
 - iii. Chopped long green beans with lime slices
 - iv. Fried garlic in oil
 - v. Extra fish sauce on the side

NOTES

