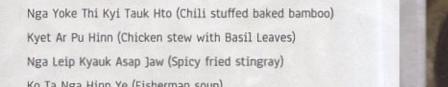


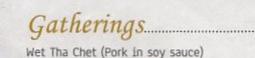




Shwe Htamin (Golden sticky rice)







Kyet Thauk Sann (Chicken stew with bottle gourd) Thinbawdhi thoke (Papaya salad)



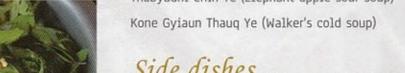




Nga Kone Nyo Hinn (Goldstripe sardinella fish curry)







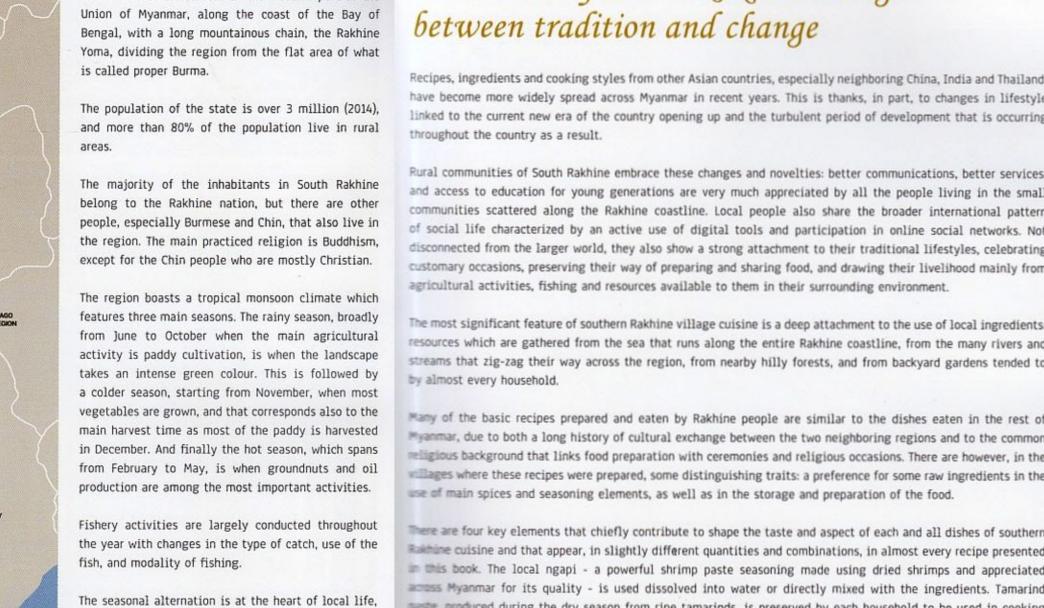
(yauk Pwin Thoke (Seaweed salad)

linn Hlaw (Stewed assorted vegetables)

Nga Ni Tu Chauk Thoke (Dried anchovy salad)

Hsi Cha Hinn Lya (Creamy coconut curry)

osaya (Dipping vegetables with chili sauce)



and influences economic activities, cultural practices

and food preparation.

Rakhine State is situated in the western part of the

linked to the current new era of the country opening up and the turbulent period of development that is occurri

of social life characterized by an active use of digital tools and participation in online social networks. Not isconnected from the larger world, they also show a strong attachment to their traditional lifestyles, celebrating

e most significant feature of southern Rakhine village cuisine is a deep attachment to the use of local ingredients: resources which are gathered from the sea that runs along the entire Rakhine coastline, from the many rivers and streams that zig-zag their way across the region, from nearby hilly forests, and from backyard gardens tended to Many of the basic recipes prepared and eaten by Rakhine people are similar to the dishes eaten in the rest of Myanmar, due to both a long history of cultural exchange between the two neighboring regions and to the common tious background that links food preparation with ceremonies and religious occasions. There are however, in the

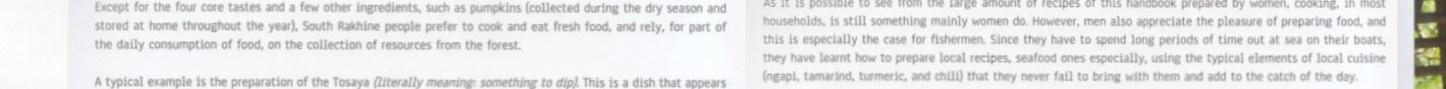
red, whole, fresh or dried) also gives the food that typically hot taste that Rakhine people seem addicted

locally produced turmeric, bought directly from the producer or from a spice merchant at the local market, gives

minur to each dish, and increases its digestibility.

me are four key elements that chiefly contribute to shape the taste and aspect of each and all dishes of southern Reading cuising and that appear, in slightly different quantities and combinations, in almost every recipe presented

Myanmar for its quality - is used dissolved into water or directly mixed with the ingredients. Tamarind me produced during the dry season from ripe tamarinds, is preserved by each household to be used in cooking mushout the year in order to give the food a characteristically somewhat sour taste. The generous use of chilies



on the table of each family everyday and is made up of different vegetables - either boiled, fresh or pickled accompanied with a watery hot chili sauce. Besides common vegetables, southern Rakhine people also use different types of leaves, roots, shoots, buds, and stems that they happen to come across during the day, from an incredible

herbs, such as the Sit Tone that is used for one of the recipes in this book, or to the traditional preparation of

ingredients. The different religion, since most of Chin people are Christian, the use of their own language, and

carefully preserved cultural practices, do not represent an obstacle to their high integration into the network of

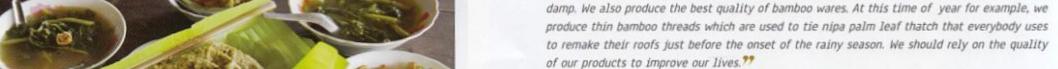
The consumable resources available from the forests are highly seasonal. Sometimes, their availability shapes not



romoting an authentic taste of traditional South Rakhine food, together with collecting and sharing knowledge is it is possible to see from the large amount of recipes of this handbook prepared by women, cooking, in most on its characteristics, occasions, ingredients and specificities, is also a way to support local people in preserving the roots of their cultural identity as they continue to enter into an era of rapid development and modernization.







celebrating each Chin National day every year on 20 February. On that day, in each village we

gather to share our favorite food with one another, especially the Chin chicken salad (S

Htoke), accompanied with traditional sticky-rice wine.

dishes which have only a distant relationship with traditional Rakhine food. The capacity to introduce travelers to ne characters and tastes of traditional cuisine could be also an opportunity to diversify the livelihood sources of

Beach resorts and restaurants in main touristic locations often offers a mix of international cuisine and locations

farmer, Kywe Chaing village



ood. Time and space restraints have meant that only a limited number of recipes from the larger repertory of daily and special dishes could be included. We hope, however, that this quick glance into a world of people, nature, oportunity to people from other regions to gain a better understanding of these communities. Is it also anticipated that this handbook will help encourage more people to visit the region who are otherwise usually directed to the

handful of most well-known touristic spots of Myanmar.

Mariateresa Calabrese, May 2017

be able to sell dried fish, ngapi and other products that visitors from other regions appreciate instead of having to work as daily labourers." Tourism in fact has, so far, touched very marginally South Raknine, and has been mainly limited to the famou Daw Khin Than Than

Many people are now coming to the village, because of the beauty of the beaches. We should

daily-wage labourer working in fish-drying production, Kywe Chaing village



Finally, we want to heartily thank all the people that prepared the recipes, opened their houses and kitch us, guided us through their world of knowledge, experiences and daily life. This book is about food, cooking and tradition, but it is first and foremost an act of sharing.



