
WILLS COOK-OFFS

BURMESE KHAO SWÈ

Try it - Enjoy it - Share it

Wilson Fernandez





Burmese Khao Swè

Burmese Khao Swè

Burmese Khao Swè is a delicious noodle cuisine that has an origin to Myanmar (Burma). Khao Swè is a soupy meal with lemongrass fragrant, that is simmered in silky, creamy coconut milk along with rice noodles or any noodles of your choice. Traditionally, the natives use either plain rice noodles or egg noodles.

My family loves any Asian Noodle Cuisines, but this is one of the best. It's a cuisine that is simple but rich in taste. It has a lot of texture elements of softness, creaminess, crunchiness, aromatic flavours, and exceptionally tasty. I am sure my recipe would certainly take you to Myanmar (Burma).

I have cooked and tried many different noodles but this is a highly recommended noodles soup. You will love the velvety and creamy flavour that has a balance of ingredients, and you have the options to enhance your experience by topping with an array of delicious condiments to suit your palate.

Burmese Khao Swè

Burmese Khao Swè

I prepared plain rice noodles. You could prepare your own or use egg noodles, glass noodles, ramen noodles, wheat noodles... of your choice.

The wow factor of Khao Swè is - it's aromatic, light, silky, and has a rich flavoured soup/curried consommé (broth). I prepared both vegetarian and non-vegetarian version of Khao Swè.

Khao Swè in few words

- **Packed with flavours**
- **Comforting meal for cold days**
- **Choice of vegan and gluten-free or as a non-vegetarian***

*Chicken or any other meat of your choice or even prawns would make a great Khao Swè.

Burmese Khao Swè

Burmese Khao Swè (Coconut Curried Noodles)



Vegetarian Ingredients:

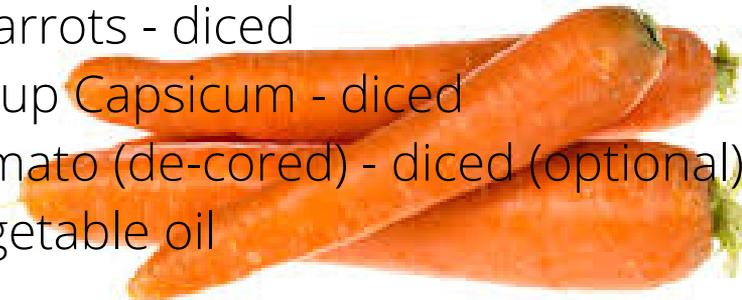
Soup ingredients

- 3-4 Medium size Onions - chopped coarsely
- 8-10 cloves Garlic - sliced
- 2 Green Chillies - sliced
- 1 stick Lemongrass - chopped
- 1" ginger or galangal - sliced
- 3 sprigs of coriander
- 1 tsp cumin powder
- Salt and pepper to taste
- 1 cup coconut cream & 1 cup fresh coconut water



Veggie ingredients

- ½ cup Chickpeas
- 2 carrots - diced
- ½ cup Capsicum - diced
- Tomato (de-cored) - diced (optional)
- Vegetable oil



Burmese Khao Swè (Coconut Curried Noodles)



Non-vegetarian Ingredients:

Soup ingredients

- 3-4 Medium size Onions - chopped coarsely
- 8-10 cloves Garlic - sliced
- 2 Green Chillies - sliced
- 1 stick Lemongrass - chopped
- 1" ginger or galangal - sliced
- 3 sprigs of coriander
- 1 tsp cumin powder
- Salt and pepper to taste
- 1 cup coconut cream & 1 cup fresh coconut water



Non-veg. Ingredients

- ½ kg chicken breast - bite size cubes
- ¼ cup Chickpeas
- 1 carrot - diced
- ¼ cup Capsicum - diced
- ½ Onion finely diced
- Vegetable oil



Burmese Khao Swè (Coconut Curry Noodles)



Garnishing Ingredients:

Ingredients

- 1 Medium size Onion - chopped & fried crispy
- 10-12 cloves Garlic - sliced & fried crispy
- 3 Hot Chillies / 2 tbsp Chilli Flakes
- ¼ Finely diced Onion
- 2 Spring Onions - chopped
- 2 tsp Chilli Oil
- 1 Lime - cut wedges
- ¼ cup roasted Peanuts (optional)
- 1 fresh chilli finely sliced (optional)



Burmese Khao Swè (Coconut Curried Noodles)

Rice Noodles Ingredients:

- 2 cup White Rice Flour
- Salt to taste
- 2 cups Coconut water
- 1 cup water
- 1 tsp Coconut Oil



Burmese Khao Swè (Coconut Curried Noodles)

Rice Noodles Preparation:

1. Heat water in a pan with salt and little oil. Once the water boils add rice flour and mix well to combine
2. Mix the dough for few minutes and allow it to cool. After cooling to room temperature, mix the dough well with hands
3. Make dough balls and load it in the Noodle press. Press the Noodle strings as nests on idli plate or steaming tray
4. Steam the pressed noodles for 4 - 5 minutes in the Idli Steamer
5. Once cooked, rest the noodle nests for few minutes and is ready to be served warm with Burmese Curried Soup





Burmese Khao Swè

Burmese Khao Swè (Non-vegetarian)

Preparation | Method

1. Steam/Boil vegetables and keep aside
2. In a deep pan, add oil and shallow fry the onions. When translucent, add salt, turmeric powder and stir well until aromatic
3. Add the diced chicken and cook on medium heat
4. When the chicken is nearly cooked, add the steamed/boiled vegetables, ground Khao Swè curry paste, and simmer it on low heat



Burmese Khao Swè (Non-vegetarian)

Preparation | Method

5. Now add coconut cream and simmer on low heat for 2 minutes
6. Add coconut water if needed, to thin the consistency of the soup and simmer further for a minute or so
7. The Chicken Khao Swè Soup is ready to be served with the rice noodles

NOTE:

- I used vegetable to give that extra dimension to the cuisine and I personally like it.
- You could just have the meat curried soup and no veggies
- Seafood like Prawns may also make a great substitute
- Soak the CHICKPEAS in water for at least 4 hours or overnight

Burmese Khao Swè (Non-vegetarian)

Plating/Serving of Burmese Khao Swè

1. In a serving bowl, place rice noodles in the centre
2. Pour the Khao Swè Soup/curry as shown
3. The final process is to garnish the toppings of your choice e.g.

- Crispy fried onion
- Crispy sliced Garlic
- Chilli Flakes
- Finely diced Onion
- Sliced Spring Onions
- A dash of Chilli Oil
- Lime wedge
- Roasted Peanuts (optional)
- Finely chopped fresh chilli (optional)





Burmese Khao Swè

Burmese Khao Swè (Vegetarian)

Preparation | Method

1. Steam/Boil vegetables and keep aside
2. In a deep pan, add oil and shallow fry the onions. When translucent, add salt, turmeric powder and stir well until aromatic
3. Add the steamed/boiled vegetables, ground Khao Swè curry paste, and simmer it on low heat



Burmese Khao Swè (Vegetarian)

Preparation | Method

4. Now add coconut cream and simmer on low heat for 2 minutes
5. Add coconut water if needed, to thin the consistency of the soup and simmer further for a minute or so
6. The Vegetarian Khao Swè Soup is ready to be served with the rice noodles



Burmese Khao Swè (Vegetarian)

Plating of Burmese Khao Swè

1. In a serving bowl, place rice noodles in the centre
2. Pour the Khao Swè Soup/curry as shown
3. The final process is to garnish the toppings of your choice e.g.

- Crispy fried onion
- Crispy sliced Garlic
- Chilli Flakes
- Finely diced Onion
- Sliced Spring Onions
- A dash of Chilli Oil
- Lime wedge
- Roasted Peanuts (optional)
- Finely chopped fresh chilli (optional)



SERVING TIPS:

- **BURMESE KHAO SWÈ CAN BE SERVED WITH PLAIN RICE NOODLES OR ANY OTHER NOODLES OF YOUR CHOICE**
- **BURMESE KHAO SWÈ CAN BE VEGETARIAN OR NON-VEGETARIAN CUISINE**
- **TOPPINGS ENHANCES THE EXPERIENCE OF BURMESE KHAO SWÈ**
- **A SQUEEZE OF LIME GIVES THAT TANGY TASTE AND BLENDS WELL WITH THE SOUP. JUST YUM**

DO TRY AND ENJOY!!!



Wilson Fernandez 20-MAY-2020