

A blue teapot is pouring a stream of golden-brown tea into a blue cup on a matching saucer. The background is a plain, light color.

MYANMAR TEA SHOP RECIPES

*By LORIE HOWE*

# MYANMAR TEA

18 oz Water  
3 T Black Assam Tea  
4 c Evaporated Milk  
1 T Condensed Milk

Heat water.

Add tea and simmer for three minutes.

Strain Tea.

Pour milk into same pot and heat whisking gently, taking care not to burn.

Whisk tea and milk together and serve.

# PLATHA

2 c All-Purpose Flour  
2 T Sugar  
1.5 t salt  
3/4 c + 2 T Water  
2 oz Unsalted Butter, Melted  
2 T Canola Oil

In a large mixing bowl, combine flour, sugar, and salt. Add 3/4 c water.

Using a circular motion, use hand to whisk until tacky mass forms. Pinch off dough into golf ball sized pieces, then punch down.

Drizzle remaining water. Cover and let rest for 20-50 minutes.

Shape dough into five pieces and put in bowl with melted butter. Cover and let rest for 30 minutes, keeping in a place that's warm enough that the butter won't solidify. If it does, put the bowl in a bowl with hot water until it melts.

Butter your palms and stretch balls to where they look translucent. Fold long side into center, cover with butter. Fold next side into center and cover with butter. Fold in half two more times, covering in butter. Air pockets are good.

Tuck edges in and let rest for 20 minutes.

To cook, flatten into 8 inch round. Heat griddle to medium heat and cook until golden, 2-3 minutes. (Optional: Add banana mash to center.)

# COCONUT JELLY

2 1/2 c water  
2 T agar-agar powder  
1/2 c sugar  
1 c coconut milk (canned or freshly pressed)  
a pinch of salt

Combine water, sugar, agar-agar and salt in a medium pan. Stir well.

Over medium heat, bring to a boil, making sure the agar and sugar dissolves completely.

Add the coconut milk and let it boil for a full minute.

Simmer for 2 more minutes, and if you take a spoonful, you should see coconut milk solids separate.

Remove from heat and pour into molds/pan.

Let it set fully at room temperature. Once set, refrigerate for a few hours before serving. Serve cold.

# REFUGEE ORGANIZATIONS

Lutheran Family Services  
African Community Center  
International Rescue Committee  
Project Worthmore  
GrowHaus

Adopt a refugee family.  
Help grow their gardens.  
Help with your skills - job support,  
media, etc.  
Get to know them and their cultures.



