

COOKING TO CONNECT

Everyone has a story to share.

CHICKEN COCONUT NOODLE SOUP

Ingredients

1 1/2 tbsp fish sauce

1 1/2 tbsp salt

5 cloves garlic chopped

1 tsp fresh ginger chopped

1 tsp tumeric powder

500g chicken breast

2 chicken drumsticks

1/4 cup vegetable oil

1 onion chopped

1 tsp paprika

200ml coconut milk

500ml water

1 tsp chicken stock powder

80g chickpea powder

1 pkt egg noodles (about 300-400 g) boiled and drained

4 boiled eggs peeled and cut into quarters

1 large red onion peeled and sliced into thin slices and soaked in water for 10 minutes

2 spring onions chopped

3 limes quartered

Extra fish sauce to taste

Method

1. In a small bowl mix together the fish sauce, garlic, ginger and tumeric. Place chicken in a large bowl and add sauce. Mix in using your hands wearing food handling gloves. Let the chicken marinate for 25 minutes.
2. In a large pot, drizzle in oil and heat to a medium/high heat. Once thoroughly heated and shimmering, add the onions. Cook stirring often until softened and translucent.
3. Mix in the paprika and stir to combine. Add the chicken with the marinade. Cook stirring often until all sides of the chicken are browned.
4. Stir in the coconut milk, water and chicken powder and mix well. Bring to the boil.
5. Reduce heat and cover and simmer stirring occasionally for 30 minutes.
6. In a small bowl, whisk the chickpea flour with 1/2 cup of warm water until smooth.
7. Remove lid and stir in chickpea mixture and bring to the boil.
8. Continue to simmer over medium/low heat until slightly thickened (around 10 minutes). If too thin, add more chickpea powder mixed with water.
9. Season with fish sauce to taste and serve with egg noodles. Top with soaked onions, spring onions, boiled egg and lime wedges.

To cook egg noodles

Bring a large pot of salted water to the boil. Add noodles and cook until just soft. Drain and rinse with cold water. Drizzle with a little oil and mix to keep noodles from sticking together.



OUR KATANNING RESIDENT AYE THEIN

My name is Aye Thein and I have lived in Katanning for seven years. My grandma and Aunty would cook this at home in Myanmar. I learnt to cook by watching them cook as a little girl. We all lived together in a small town, Thonze. We cooked on a wood stove and we would eat this meal any time, breakfast, lunch or dinner. My family would cook a big pot and make enough for the family, there were 10 of us, to eat all day.

My family would eat seated on the floor with a big wooden round table low to the ground. We would all eat together and talk about religion, politics and our family in other areas. We had no phones so if we had mail, we would share the news from other family. Some family and friends were involved in the fighting. We would worry for them.

I left my home town in Myanmar in 2009 and went to a town on the border with India, Tamu for learning to weave. From there I moved to Aizawl in India. We were not safe in Myanmar or Aizawl. I moved many times.

I met my husband at the Buddah Gaya Monastery in India. He was living in New Deli having also left Myanmar because he was not safe there. I moved to New Deli and we were married in 2009. We moved to Brisbane in 2011. The UN had granted us refugee status to move here. After 2 years we moved to Katanning where a friend from Myanmar lived.

We have 3 children and we cook this recipe for them. My husband is a very skillful cook and my children love his cooking. We are Buddhist and we pray every night. We pray for my family and my country. The government is very unstable in Myanmar and it is scary for my family. We also give thanks for all our blessings. We are grateful for living in Katanning where our children can be safe and have a education. We are very lucky.