

GRANDMA'S CLAN AT A FAMILY PICNIC IN RANGOON

Phaure & de Souza families in pre-World War II Burma (Myanmar)



GRANNY'S RECIPE BOOKS – FOUND AMONG MUM'S TREASURES

We sent e-mails and asked all my sisters, aunts and uncles to comment on the 110 recipes that were in Gran's books. We are very grateful for their comments, especially those of Uncle John and Uncle Dicky.

It's been an experience trying to convert old weights and volumes (Pre World War II) to our current measurements but it stimulated us to search in old and current Asian and European recipe books and the Internet. The computer is just wonderful to re-arrange the recipes in any format. We have tried to group similar recipes together. Many a recipe is only a fifth or a sixth of the original measure as we tried to use more modest quantities than in Gran's two recipe books. e.g. we reduced Mrs Goodger's 1933 Christmas Cake recipe from 50 pounds to 5 pounds and hope nothing has been lost in the attempt.

We believe that this version will give you a lot of pleasure as you again try out Gran's updated recipes. We came across another edition of Gran's recipe book in Aunt Daphne & Grans' handwriting. About half the recipes there, were identical to the recipes contained in Grans' two books that we have now converted. These other recipes could form another project in the not too distant future! What would you advise?

We enclose this initial edition of Gran's favourite recipes with an invitation for celebrating our **40th wedding anniversary** in December 2007. We respectfully invite all relatives around the world to contribute ideas and especially photos so that we, Gran and Pop's de Souza's descendants, can have an idea of what our relatives and their families look like. It would be fun to have spare baby photos so that we can have a guessing competition on our big day. I would appreciate it, if each relative could include some details e.g. where they live, how many children and grand children etc, to accompany the photos. I promise to produce a final edition, with your help, by the time of our Anniversary in December 2007.

Please give us feed back if the recipes and measures come up to your taste standards and your expectations. Should we include an index ? We deleted duplicates like guava jelly and some cake recipes. This edition is down to 98 recipes. By re-arranging the page format we were able to shorten it quite substantially.

We have added quite a few helpful hints. They have been gleaned over the years from many sources. We hope that you find them helpful. It was a thrill to learn about the "Cold Water Test" (see **recipe 23**). Many of Gran's recipes referred to it and it is assumed that we all knew what it meant. If you know some helpful hints that are worth passing on, please e-mail us or write us a short note.

Any mistakes are entirely ours. Corrections or chefs' acknowledgements will be included in the final CD. Please e-mail suitable clip art pictures and photos for the CD. Looking forward to hearing from all of you.

We have been blessed in our lives & by God's grace, hope to retire in 2007. We are also sending the cook book and invites to our most intimate friends who have shared our journey through life. Their and your loving help and support is deeply appreciated & this is our humble way of showing our appreciation.
Joe & Shirley Pereira

BON APPETIT - SAR KAUNG BAR SAY - MAY ALL THE RECIPES BE TO YOUR TASTE

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GRANNY’S WEIGHTS & MEASURES

Dry
Liquid
Dripping or Butter

JOE & SHIRLEYS WEIGHTS & MEASURES

Burmese or Myanmar Weights
Metric Weights
Imperial to Metric Weight Conversions
Indian Sub-continent Weights
Metric Volume
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SWEETS

1. BUTTER SCOTCH

INGREDIENTS

100 gm butter
300 gm sugar
Vinegar or pinch of cream of tartar
When nearly cold, mark off into squares.

Tip
Tip

METHOD

Put in a saucepan, cook without stirring for about ten to 15 minutes [or until a little dropped into cold water turns hard and brittle]*. Pour into a greased plate.

This is known as the cold water test (see recipe 23)
Vinegar or cream of tartar prevent large crystals forming

2. MILK TOFFEE

INGREDIENTS

200 ml milk
250 gm lump sugar.
30 gm butter
4 ml vanilla

METHOD

Bring milk and sugar to the boil
Add butter and boil for one and a quarter hours
(do the cold water test)

3. CONDENSED MILK TOFFEE 1

INGREDIENTS

400 ml or 1 tin condensed milk
100 gm butter
100 gm sugar
A few drops of vanilla essence

METHOD

Cook all the time by stirring.
Remove quickly and spread on a buttered board
Condensed milk has had 2/3 of it's water content removed and 40% sugar added. It keeps indefinitely even after opening.

Tip

4. CONDENSED MILK TOFFEE 2

INGREDIENTS

250 gm sugar
100 ml condensed milk
30 gm of salted butter
25 ml water.
1 ml vanilla

METHOD

Stir all the ingredients (1 to 4) over the fire for 25 minutes and then add the vanilla.
Do the cold water test. Stir off the fire for one minute.
Pour into a buttered tin and cut into squares when cold

5. WALNUT TOFFEE

INGREDIENTS

20 walnuts – minced
80 gm sugar
10 gm butter
Essence of vanilla

METHOD

Put butter in a saucepan. Heat. When melted, add sugar and vanilla. Boil till the toffee crackles when a few drops are placed in cold water and taken out. Keep stirring well all the time. Add walnuts and pour into a large flat well greased dish to cool

6. LEMON TOFFEE

INGREDIENTS

30 gm sugar
1 gm cream of tartar
2 ml fresh lemon juice

METHOD

Boil the sugar, water and cream of tartar together until the cold water test shows that it has boiled long enough.
Add the lemon juice and pour the whole into a buttered plate

7. ALMOND TOFFEE

INGREDIENTS

40 gm blanched almonds
30 gm butter
40 gm treacle
40 gm sugar
lime juice

METHOD

Slice almonds lengthwise. Add butter in a saucepan. Heat. When melted add treacle, sugar and lime juice. Boil till the toffee crackles when a few drops are placed in cold water and taken out. Keep stirring well all the time. Add almonds and pour into a large flat well greased dish to cool

8. CHOCOLATE SWEET

INGREDIENTS

As above

METHOD

As above, using a packet of chocolate or cocoa.

9. CHOCOLATE TOFFEE

INGREDIENTS

120 gm cocoa
100 ml milk
120 gm sugar
4 ml vanilla

METHOD

Mix a little milk and cocoa to a smooth paste.
Add milk and sugar. Boil slowly till thick
Add the vanilla and put in a buttered dish.
Cut into neat squares when nearly cold.

10. CHRISTMAS TOFFEE

INGREDIENTS

20 ml water

3 ml lemon juice
3 gm butter

METHOD

Melt butter in a saucepan, add other ingredients. Boil slowly
100 gm brown sugar for ¼ hour or longer till a little of the mixture
dropped into cold
water sets hard and crisp. Pour the liquid toffee into a well
greased baking tin. While still hot dip a knife in cold water and
mark the toffee out in squares. When cold break it up and wrap
each square in coloured paper. To keep longer, an inner
covering of waxed paper is necessary

N.B

It's a good & cheap treat

11. CARAMEL TOFFEE

INGREDIENTS

250 gm sugar
50 ml cold water
2-3 gm (1/4 teaspoon) cream of tartar
butter a 50 gm hens egg size
50 ml cream or milk
4 ml vanilla

METHOD

Stir while boiling rapidly ingredients 1 to 3. Put a little in cold
water. If it will snap then add at once the cream or milk.
Boil again till the toffee will snap. Stir all the time.
Take off the fire and add vanilla.
Stir and pour at once into a buttered tin.

12. CARAMEL

INGREDIENTS

50 gm flour
25 gm chocolate
100 gm sugar
20 ml milk

METHOD

Stir to a paste after adding sugar and milk.
Boil for about 15 minutes or till thick.

Tip

If a recipe calls for castor sugar instead of granulated sugar,
it is because it dissolves more easily & gives a finer texture

13. FUDGE

INGREDIENTS

150 gm sugar
60 ml cup milk
100 gm shelled walnuts
40 gm cocoa essence

METHOD

Boil the sugar, cocoa and milk until the mixture will remain
firm when dropped into cold water. Remove from the fire.
Add shelled walnuts and essence. Beat well in a cool place
till the mixture is quite thick, then spread it out onto wet plates
Let stand for 18 hours, then cut up.

14. AMERICAN FUDGE

INGREDIENTS

250 gm sugar
100 ml water or milk
375 gm chocolate
15 gm butter
4 ml vanilla

METHOD

Boil the first 3 ingredients slowly together until a little dropped in cold water forms a soft ball. Do not stir the fudge. After taking the hot fudge from the stove add the butter and allow it to cool. When cool add vanilla and beat it with a wooden spoon. It will be sticky, so add a teaspoon of warm water, being careful not to add too much.

Tip Good fudge requires much beating and the longer you beat it the better it is.

15. ORGEAT

INGREDIENTS

250 gm almonds
500 gm sugar
essence

METHOD

Shell, peel and grind almonds fine. Mix a little water and strain through a fine cloth. Cook syrup stringy, add almond milk and almond essence. Boil till a bit thick.

16. MATRIMONY

INGREDIENTS

100 gm sugar
100 gm minced cashews (cajunuts)
Essence of rose and cochineal

METHOD

Cook sugar till stringy, add minced cashews and essences. Spread into buttered trays and cut into diamond shapes.

17. EGG HOPPERS (OPPERS)

INGREDIENTS

400 gm rice flour
4 eggs – well beaten
5 gm baking soda
100 gm sugar
50 ml coconut milk
100 gm ghee

Sri Lankan Recipe

METHOD

Mix ingredients 1 to 3 well. Cover and keep for two hours. Add sugar and coconut milk. Stir till a watery paste results. Add water if necessary. Pour some paste into a small wok which has been lightly brushed with ghee. Swirl the wok to spread it thinly. Transfer lightly cooked hopper to a similar sized clay or earthen pot and place red hot coals in a container above to get a lightly browned surface. Sprinkle with sugar and freshly scraped coconut meal or reconstituted coconut powder.

18. ROSECOQUEES - ROSSA CRUICKEESE

INGREDIENTS

200 gm flour (wheat or rice)
200 ml coconut milk (from 2 coconuts)
3 eggs
100 gm sugar
A few cake seeds

METHOD

Mix all ingredients together, rather watery. Dip a rosette iron or rosecoquees mould in preheated oil and then into the batter. Deep fry in hot (boiling) oil or ghee till crisp and brown. Remove rosecoquee from mould and drain on absorbent paper. Sprinkle with sugar

19. MARZIPAN

INGREDIENTS

250 gm ground almonds
375 gm icing sugar
1 egg

METHOD

Roll the icing sugar, then rub it through a fine sieve and mix well with the ground almonds. Add the lemon juice and enough well beaten egg to form a stiff paste.

8 ml lemon juice

Knead it for 5 minutes. Leave for an hour before using.

20. TEA KISSES

INGREDIENTS

120 gm (1 cup) flour
2 eggs
60 gm sugar 50 ml milk
10 gm cream of tartar
10 gm baking soda

METHOD

Mix baking soda and cream of tartar with flour.
Beat up eggs and add sugar, milk and flour. Fry like fritters.

21. BOSTON CREAM

INGREDIENTS

400 ml water
2 egg whites
500 gm sugar
40 gm cream of tartar
4 ml lemon juice
50 ml cream

METHOD

Boil the water and let it get cold. Beat egg whites.
Add them with sugar, cream of tartar, lemon juice
and stir briskly. Bottle and cork the mixture.
When required half fill a tumbler with water,
add half a teaspoon of bicarbonate of soda
Stir together. Add cream. It will effervesce at once.

22. CHOCOLATE SPONGE ROLL

INGREDIENTS

100 gm or 2 eggs
100 gm butter
100 gm sugar
100 gm flour
15 gm baking powder
30 gm plain chocolate
vanilla essence

METHOD

Grate and melt the chocolate in a very little hot water
Cream the butter and sugar. Add the egg and beat well.
Gradually stir in the chocolate. Rub the flour, baking powder
and a pinch of salt through a sieve and add lightly to the
mixture. Add the vanilla essence. Put all into a greased
roll tin lined with greased paper and bake in a hot oven for
6 to 10 minutes. Turn onto sugared paper and cut a strip on
each side. Spread over some jam previously warmed and roll
it quickly.

Tip Can use butter icing instead of jam

23. PLAIN FONDANTS

INGREDIENTS

250 gm granulated sugar
100 ml milk or
100 ml half cream and half milk
5 gm cream of tartar

METHOD

Fondant is the foundation of an endless variety of delicious
sweets and is prepared as follows : -
Stir thoroughly the sugar and milk while heating gently in
an enameled pan. Raise the heat and boil quickly for
10 minutes or until a little dropped in cold water can
be rolled into a soft ball. The sugar must not be stirred during
the boiling or it will grain. Add cream of tartar to help prevent
graining. Remove from the stove and when cool but not cold,
stir until the whole becomes a thick creamy mass. When too
hard to stir anymore take it into your hands, which must be
well dusted with castor sugar and knead like dough on a flat
dish. When quite smooth, divide into 3 parts: flavour one part
with vanilla essence and roll into a ball, colour a second part
pink with a few drops of cochineal and flavour with rose water,

Tip How to use the cold water test
Temp 107 – 112 C. Sugar syrup makes
a 5 cm thread when poured from a spoon
Temp 112 – 121 C. When dropped into
cold water, the syrup forms a soft ball
Temp 121 – 130 C. When dropped into
cold water, the syrup forms a hard ball.
Temp 132 – 143 C. The syrup hardens
with a slight crack when dropped into

cold water. At this stage the sugar is still clear

Temp 149 – 154 C. sugar hardens with a definite clear crack when dropped into cold water. At this stage the syrup is a golden colour.

the third part may be coloured and flavoured with coffee essence and shaped into cakes. Thus there will be three different kinds of sweets which look pretty mixed together on the same dish.

24. FONDANT 2

INGREDIENTS

1 egg white
500 gm sugar
Thickened cream

METHOD

Beat the egg white stiffly, adding the sugar gradually and enough cream to form a stiff dry paste. Flavour and colour as desired. Roll into cherries, chocolate or almond slivers.

25. SPONGE PUDDING WITHOUT EGGS

INGREDIENTS

15 gm fine flour
100 ml milk
60 gm baking powder

METHOD

Mix flour and baking powder well. Add milk by degrees and beat well for 10 minutes. Put in a greased mould, cover with greased paper and steam for two hours. Serve with jam, golden syrup, cream or custard

26. PRETTY SWEETS

INGREDIENTS

120 gm flour
120 gm sugar
60 gm butter
1 egg

METHOD

Cream sugar and butter. Add a well beaten egg and flour. Pour into oblong sandwich tin and bake quickly a light brown. Cut into squares when cold. Place whipped cream on top and dust castor sugar on top.

27. ALMOND ACORNS

INGREDIENTS

Almond paste
Cream
Chocolate

METHOD

Colour the almond paste green and shape it into acorns, making the cups of the acorns by shaping the cream around the acorns. Have ready some chocolate coating and dip the cups into this, afterwards dusting them with granulated sugar.

28. HOME MADE DOUGHNUTS

INGREDIENTS

240 gm flour
15 gm baking powder
Castor sugar
a little jam
Milk to mix
Vegetable oil

METHOD

Thoroughly mix flour and baking powder. Add milk to make into a stiff dough. Roll into small balls putting a little jam in the centre of each. Dust with flour and boil in hot oil till golden brown. When cool and drained, slightly dust with castor or finely granulated sugar

29. FROZEN APRICOTS

INGREDIENTS

1 tin apricots in syrup

METHOD

Soak gelatin in a little cold water for two hours. Add the

90 gm sugar
30 gm gelatin
100 ml cream

apricot syrup and sugar. Boil gently, strain and when cool,
mix in the cream. Arrange the fruit in a glass dish.
Pour the cream over and set it in a cool place.

30. POTATO HULVA

INGREDIENTS

160 gm potatoes
120 gm sugar made into syrup
12 gm ghee
few sliced almonds & vanilla essence

METHOD

To the sugar syrup, add the boiled and mashed potatoes.
Add a few drops vanilla essence, almonds, and ghee.
Fry well

31. ARMENIAN ALMOND HULVA

INGREDIENTS

100 gm flour
100 gm ghee
100 gm sugar
80 ml water
120 gm sliced almonds

METHOD

Boil the sugar in water till dissolved. Boil the ghee and
add a tablespoon of flour at a time till the mixture becomes
light brown. Pour in the syrup and almonds
and stir for a couple of minutes and place into a dish.

Tip

Can use walnuts instead of almonds

32. SOOJEE HULVA - SHWE KYI HULWA

INGREDIENTS

100 gm soojee
200 gm sugar
100 gm ghee/butter
100 gm (two 50 gm) eggs
100 gm ground almonds
5 gm poppy seeds(kus kus)
100 ml cows milk
100 ml coconut milk

METHOD

Broil the soojee till lightly brown. Beat egg yolks and
whites separately. Warm the ghee/butter, add sugar
till syrupy, then soojee, eggs, milk and coconut milk and stir.
When liquids are reduced, add almonds and stir.
Spread the thick mixture into a suitable flat dish.
Press the surface flat. Put a very thin covering of
ghee/butter. Sprinkle poppy seeds on top and
bake in an oven till the surface is light brown

Indo-Burmese Recipe

33. SAN NWIN MA KIN - SU NWI MU KIN

INGREDIENTS

100 gm soojee
200 gm sugar
100 gm ghee/butter
150 ml coconut milk
2 small eggs

METHOD

Boil every thing together till thickened.
Then bake in a suitable baking pan till lightly brown on top

N.B.

Ghee,butter and coconuts are all high in cholesterol
Soojee is also called Semolina or Shwegyi (by the Burmese)

Burmese Recipe

34. SAN NWIN MA KIN 2 – SEMOLINA CAKE

INGREDIENTS

120 gm sugar
30 gm butter
120 gm soojee
2 eggs
200 ml coconut milk (tin or packet)

METHOD

Mix sugar and butter. Add eggs, soojee
and coconut milk. Mix together.
Cook. As soon as it thickens bake till
the surface is light brown.

Burmese Recipe

35. SHWE HTA MIN - GOLDEN RICE

INGREDIENTS

METHOD

Burmese Recipe

400 gm white glutinous
(puttoo or kauk-nhyin) rice
150 ml coconut milk
50 gm grated fresh coconut
(or reconstituted coconut powder)
400 gm sugar

36. DOLE DOLE - THOLE THOLE

Portugese Recipe

INGREDIENTS

500 gm powdered black glutinous rice
100 gm (or ¼ condensed milk tin)
powdered white rice
200 ml coconut milk
500 gm ghee/butter
1000 gm sugar
100 gm sliced almonds

Boil or steam rice. Cook coconut milk and sugar till it is stringy then add rice and cook for a few minutes till water is cooked out. Keep stirring with a wooden ladle so it won't burn. Spread on flat dishes. Cover with grated coconut.
Cut into squares or trapezoid shapes

METHOD

Mix all the rice and coconut milk together. Add sugar. Cook till the syrup is thick. Avoid getting burnt by hot bubbles of the mixture. Add ghee/butter and cook till thick and black mixture lifts off the pan when stirred. Add sliced almonds before removing from fire.

Tip

A lot of people now make Dole Dole in a microwave oven. The taste can't compare with the genuine stuff though.

37. KUL KULS

INGREDIENTS

400 gm flour
400 gm sugar
3 eggs
50 ml coconut milk
400 gm ghee/butter

METHOD

Mix flour, eggs and salt (to taste). Add coconut milk and mix well. Shape kul kuls over a fork and deep fry. Cook sugar stringy. Dip kul kuls quickly in syrup and cool to frost them.

N.B.

In Grandma Georgie's house Christmas wasn't complete without Kul Kuls, Dole Dole, X-mas cake and milk punch and damson wine made by Grand Pa (Pops de Souza)

38. BANDALOW

INGREDIENTS

800 gm rough soojee (broiled)
1600 gm sugar
400 gm almonds finely ground
100 ml coconut cream
Essence of almonds

METHOD

Cook the sugar till stringy. Add almonds, coconut and cook till thick. Add soojee, stir briskly and remove from fire. Spread on a table strewn with soojee. Roll and cut into diamond shapes.

39. GULAB JAMUN

INGREDIENTS

1600 gm flour
400 ml condensed milk
30 ml of ghee/oil
7.5 gm soda bicarbonate (baking soda)
Syrup made from
375 gm sugar
100 ml water
few drops rose essence

Tip

Recipe by May Phaure

METHOD

Mix all together into a dough, shape into balls. Fry in ghee and drop into syrup.

If the balls are placed on a wire mesh to drain off the excess ghee/oil and while still warm are placed into warm syrup the sugar syrup will be well and uniformly absorbed and the balls will be soft throughout and not hard on the outside. It takes a bit of trial and error to succeed

CAKES

40. SEED CAKE

INGREDIENTS

4 eggs
120 gm sugar
180 gm flour
250 gm butter
A few cake seeds,
Essence of vanilla

Tip

METHOD

Beat egg yolks and whites separately (whites to a stiff froth). Mix with all the other ingredients. Place in small tins. Bake for an hour at moderate heat (up to 180°C) or as long as necessary. Don't burn.
Mix lightly to retain as much air in the mixture as possible
Store in a perfectly clean, airtight tin lined with greaseproof paper

Recipe by Mrs. Nesbitt

41. SEED CAKE the "100" recipe

INGREDIENTS

100 gm butter
100 gm eggs (2 eggs of 50 gm each)
100 gm sugar same weight as eggs
100 gm flour
A few cake seeds and essence

Tip

METHOD

Beat the egg yolks and whites separately (whites to a stiff froth). Mix in all the other ingredients, place in small tins. Bake for an hour
Cakes must be perfectly cold before being stored in tins or else cake steam will condense on the tin and the cake get soggy

42. CHRISTMAS CAKE

INGREDIENTS

240 gm sultanas
240 gm almonds
240 gm raisins
240 gm currants
75 gm citrus peel
50 gm ginger preserve
240 gm soojee
80 gm flour
240 gm sugar
400 gm butter
10 eggs
Spice
cake seed pounded
25 ml brandy
160 gm P.S.

Tip

1933

METHOD

Mix butter and soojee. Add egg yolks, sugar, fruit (by degrees), then add flour. Add half of well beaten egg whites, then spices, brandy and remainder of well beaten egg whites.
Bake in a moderate oven. (180 °C)
Will make 5 pounds of cake
Fruit should be clean and dry as wet fruit will sink
Ginger preserve should be dry and dusted in a little flour
Do not open the oven door during the first third of the baking time, as a change in temperature may cause the cake to "flop"
Open the door as little as possible till the cake is baked.
A fine skewer pushed in the middle of the cake will come clean if the cake is cooked.
Leaving the cake in the baking tin for a few minutes before turning out makes it easier to remove it from the tin.

Recipe by Mrs Goodger

N.B

This recipe was reduced from 50 pounds to 5 pounds

43. SPONGE CAKE

INGREDIENTS

4 eggs – 50 gm each
400 gm sifted sugar
200 gm flour

METHOD

Beat egg yolks and whites separately (whites to a stiff froth). Mix in all other ingredients, place in small tins. Bake for an hour

CHUTNEYS

44. SWEET MANGO CHUTNEY 1

INGREDIENTS

1 green mango
400 gm sugar
10 gm dry chillie powder
30 gm minced ginger
30 gm minced garlic
100 gm raisins, washed and dried

METHOD

Mangoes pared & scraped or minced finely. Gently boil with the sugar without adding water till of the consistency of jam. Add dry chillies, ginger and garlic and raisins. Simmer for five minutes, stirring occasionally. Add vinegar and salt to taste and simmer for a minute. Bottle when quite cold

45. SWEET MANGO CHUTNEY 2

Recipe by Georgie de Souza's Mum

INGREDIENTS

500 gm sliced young green mangoes
300 gm sugar
50 gm cleaned raisins cut in halves
50 gm sultanas cleaned and dried
15 gm sliced green ginger
10 gm sliced garlic
10 gm ginger
10 gm garlic
very finely ground in vinegar
5 gm seeded and sliced dry chillies
50 gm almonds - optional
5 gm salt
100 ml vinegar

METHOD

Boil the vinegar and sugar, add ground ginger and garlic. Then add the sliced ginger, garlic and chillies. Mix well and cook a short while. Add the raisins, sultanas and almonds (optional). The almonds must be properly dry or else they will get rancid. When cooked add the mangoes, stirring gently all the time. When of a right consistency and the mangoes sink and are cooked, take off the fire. Leave till cold before bottling.
Don't overcook. Please leave enough syrup for it to keep a long time.

Tip

46. SLICED MANGO CHUTNEY

INGREDIENTS

660 gm sliced mangoes
500 gm sugar
80 gm blanched and sliced almonds
80 gm cleaned raisins
40 gm green ginger
20 gm garlic
2 gm salt
10 gm red dry chillies ground in vinegar
100 ml vinegar

METHOD

Make a syrup of sugar and vinegar.
Add ginger, garlic, salt and chillies.
Cook a short while. Add almonds, raisins.
Add the mangoes and stir gently.
Let it cool before bottling.
Syrup must cover top of chutney.

47. MANGO CHUTNEY

INGREDIENTS

1 green mango
¼ onion
1 slice fresh coconut
8 gm zeera (cummin seed)

METHOD

Grind all the ingredients together. Add salt to taste.

Tip

Try using 1 or 2 sour granny smith apples instead of a mango and make as sour as mango by adding lime or lemon

4 slices garlic

juice to taste

2 green chillies
a bit of ginger

SAVOURIES & RELISHES

48. COUNTRY MUSTARD

INGREDIENTS

60 gm (1 dessertspoon)
mustard seed, husks removed
3 dry red chillies broiled
2 medium pods garlic
Piece of ginger (teaspoon size)

METHOD

Grind up all ingredients with
English vinegar, salt and sugar to taste

49. TOMATO SAUCE

INGREDIENTS

320 gm tomatoes
80 gm sugar
40 ml vinegar
12 gm salt
12 gm ginger
12 gm garlic
6 gm chillies
40 gm raisins
a little pepper powder

METHOD

Skin tomatoes by immersing in boiling water.
Add all the ingredients. Grind in vinegar.
Stir while cooking, strain and bottle when cold
Cooking reduces the volume and thickens it.
Straining prevents lumps from forming

Tip

50. WORCESTER SAUCE

INGREDIENTS

400 ml best vinegar
200 ml sherry
3 gm powdered allspice
1 gm cloves
25 gm pepper
1 gm green ginger
1 gm capsicum
10 gm mustard
10 gm salt
10 gm bruised shallots
400 gm moist sugar
20 gm tamarind
5 gm curry powder

METHOD

Let all the ingredients simmer in the vinegar
adding more to keep to the volume.
Add sherry and if desired a little burnt sugar
to colour it. Let it stand for a week
in a closed vessel, then strain and bottle off.
Allspice or Jamacain pepper or pimento is the berry of a
small tree from the West Indies and South America.
It has the flavour of several spices especially cinnamon,
cloves and nutmeg. Hence the name allspice
Paprika is made from dried red capsicums or Hungarian red
peppers. It is used as a colour or to garnish savoury stews
Can use food colouring instead of burnt sugar.

Tip

51. CURRY PUFFS

INGREDIENTS

80 gm flour
40 gm beef
(or 20 gm beef & 20 gm pork)
40 gm vegetable oil

METHOD

Mix flour and ghee into a smooth dough. Stir a lot to trap air.
Roll into balls. Cool in frig for 30 minutes. With rolling pin
roll into circles without flattening edges. Mince or dice the
meats into tiny pieces. Do the same with potatoes, onions,

10gm ghee
1 egg white
10 gm onions
20 gm peeled potatoes
Green chillies
Leeks

chillies and leeks. Heat the oil and fry meats lightly adding the other ingredients till meat is cooked and liquid nearly all evaporated. Cool. When cool place a teaspoon of the filling on the circular pastry. Moisten edges with egg white and fold in half. Press edges with the tip of a fork to seal the filling. Deep fry the puffs in hot oil.

Drain on absorbent paper or on a wire mesh or colander.

Tip

Serve plain or with chilli and garlic sauce to which finely sliced onions can be added.

**52. MOCK NGAPI DAUNG
INGREDIENTS**

15 gm dry chillies fried in oil
5 gm salt
1 large onions roasted
4 large cloves garlic
20 gm Tavoy salt fish roasted
20 gm dry prawns

Tip

**POUNDED FISH PASTE *Burmese Recipe*
METHOD**

Pound the fried chillies with salt. Wash and soak the prawns in water for 10 minutes, making sure there is no sand in them. Add roasted onions, garlic, dry prawns, roasted dry fish and the oil in which the chillies were fried and pound some more. The flavour soaks in better when the prawns and salt fish are pounded with the other ingredients.

**53. BALACHAUNG - PRAWN RELISH
INGREDIENTS**

160 gm oil
120 ml vinegar
80 gm dry prawns (ground or minced)
15 gm ngapi (fish paste)
or best blachan which is prawn paste
40 gm onions
40 gm dry chillies
40 gm tamarind pulp
(seedless or use tamarind paste)
40 gm garlic
8 gm green chillies
5 gm saffron/turmeric/2 cm piece of ginger

Tip

METHOD

Fry onions then garlic in a wok or fry pan till golden brown and remove. Crush them. Mix ngapi/blachan in vinegar. Fry chillies, and saffron/turmeric in the oil for a minute then add minced dry prawns (watching out for sand) and toss another minute. Add the tamarind and vinegar with ngapi/blachan. Fry quickly as the dry prawn sops up the liquids. Take off the fire and add the fried onion, garlic, chillies and tumeric. Mix well and let cool.

Tastes beautiful when used in sandwiches

**54. TOMATO BALACHAUNG
INGREDIENTS**

250 gm sliced tomatoes plus
All of the ingredients in the recipe
“Balachaung prawn relish”.

Tip

**TOMATO RELISH
METHOD**

Cook exactly as Balachaung prawn relish. Add the tomatoes in lieu of the tamarind and vinegar. Consume it quickly as the tomatoes don't keep long.

JELLIES & JAMS

**55. GUAVA JELLY
INGREDIENTS**

25 guavas
400 gm sugar
1 large lime
100 ml water

METHOD

Boil guavas. Strain through a fine cloth letting the juice drip all night. Next morning, boil guava juice with sugar and lime juice till thick. To test when done, pour a few drops into a saucer of cold water and see if it thickens. Pour out to set.

56. GUAVA CHEESE

INGREDIENTS

20 guavas
600 gm sugar
1 large lime

METHOD

Strain boiled guavas through a sieve mesh with coarse holes so the seeds are separate from the pulp. Boil pulp with sugar and lime juice. When nearly finished add some ghee or butter and fry till thick and it starts to lift off the bottom of the pan. Spread in a flat plate or dish.

57. LEMON JELLY

INGREDIENTS

5 gm gelatine
120 ml water
½ a lemon
grated rind of lemon
20 gm sugar

METHOD

After soaking gelatine in some water heat gently till it dissolves. Add grated rind and lemon juice. Stir in sugar. Don't let the mixture boil. Pour into a cold mould and leave overnight.

58. COFFEE JELLY

INGREDIENTS

5 gm gelatine
15 ml water
60 ml strong coffee
10 gm sugar

METHOD

Soak gelatine in water for 2 hours. Add coffee and sugar. Stir the whole over a slow fire and when it thickens remove, strain into a wet mould and let it set

59. ORANGE MARMALADE

INGREDIENTS

160 gm oranges
Sugar
2 limes

Recipe by Mrs. Holmes

METHOD

Peel the oranges. Slice peel thinly. Take pulp out of each orange segment. Weigh all together. To each 160 gm allow 400 ml water. Soak for 24 hours. Boil till tender. Leave to soak again for 24 hours. Weigh again. For each 160 gm allow 40 gm sugar and juice of 3 limes (or 1 medium lemon). Boil until it becomes thick. Bottle when cool.

RICE DISHES

60. CHAZAN – KYAZAN - RICE VERMICELLI

INGREDIENTS

400 gm chicken, beef or mutton
400 gm rice vermicelli boiled and cooled
2 large bunches coriander leaves,
2 large onions sliced
4 cm ginger
4 pods garlic
4 red dry chillies
1 teaspoon saffron
30 ml vegetable oil

METHOD

Pound ginger, garlic, onions, dry chillies, coriander and saffron. Fry these add meat and cook. Add water and pre-soaked rice vermicelli (chazan). Cook all together and serve with sliced onion and wedges of lime.

Burmese Recipe

61. PALOW - PALAU - PILAF – BIRIANI - DANBAUK *Recipe by Georgie de Souza's Mum*

INGREDIENTS

800 gm basmati or jasmine rice
400 gm ghee or butter
1200 gm lean lamb, mutton or chicken
125 gm beef bones
125 gm lamb or mutton bones
400 gm onions
20 gm coriander leaves
8 gm each of cinnamon, cloves,
nutmeg flowers and cardamom
20 gm green chillies
100 gm garlic
50 gm plain yoghurt
25 ml coconut cream

METHOD

Boil the bones slowly to prepare a stock and add the cinnamon, cloves and nutmeg. Remove scum as it rises. Wash rice and dry. Marinate the lamb, mutton or chicken in yoghurt for 1 hour, then fry them in half the ghee or butter. Grind garlic, coconut, coriander leaves and green chillies together. Fry onions and keep aside. Keep soup aside. Fry the rice with other ingredients, mixing in the lamb or mutton, soup etc. Cook well and place on a slow fire
Danbauk is the Burmese colloquial name for palau.
Dan Oh is a large aluminium vessel or deikshee

N.B.

62. COCONUT RICE -

INGREDIENTS

800 gm rice
100 ml coconut milk
a few curry leaves
4 medium onions
a few peppercorns
6 cloves
2 whole cardamom

OHN HTAMIN

METHOD

Add water to the coconut milk to be 2 fingers above the rice. Boil all the ingredients together with a dash of saffron or tumeric. When rice is cooked, remove from fire and place it under the oven to brown lightly. Don't burn it.
Omit saffron or tumeric if you want white rice.
For low cholesterol rice, try using milk and coconut essence
Coconut milk and coconut oil have saturated fats

Tip

POULTRY

63. CHICKEN DIROPIAYA (DO PIAYA or DO PEAZAS) *Recipe by Dorothy Pereira*

INGREDIENTS

1 large chicken
100 gm ghee/butter
1 tablespoon ground onions
1 teaspoon saffron
1 teaspoon chillies
1 ½ teaspoons green ginger
½ teaspoon ground garlic
100 ml thick coconut milk or cream
1 tablespoon sliced onions cut length wise

METHOD

Heat the ghee/butter well, fry sliced onions till brown and remove from ghee/butter and set aside. Fry the ground ingredients in the same ghee/butter, add chicken with salt to taste, stir well. Cook for 20 minutes keeping pan covered. Add coconut milk and fried onions and simmer over slow fire for an hour well covered and serve while hot. To enhance flavour add a few sticks of green chillies, lime juice and coriander leaves.

Tip 20 or more large prawns (or shrimps)
can be substituted instead of chicken

N.B.

The name Do Piaya means double quantities of onions

64. DUCK SALMEE (SALMI)

INGREDIENTS

1 large duck
8 gm ground chillies
4 gm saffron
60 ml vinegar

METHOD

Joint the duck and wash well with water. Fry onions and tomatoes well, add saffron and chillies & fry a little. Add the duck, spices and salt to taste. Cover for 15 minutes. Add some warm water and cook well.

3 large onions
15 ml sesame oil
30 ml ghee
12 tomatoes
Cinnamon,
Cloves
Coriander leaves

Add vinegar and sesame oil and flour to thicken.
Keep on a slow fire for fifteen minutes.

N.B. Salmi is French for stew of game or duck.

65. CHINDOO

INGREDIENTS

400 gm cold roast chicken (or roast meat)
2 large onions sliced
3 green chillies sliced
a little powdered saffron
50 ml coconut milk
25 ml vinegar
2 gm dry chillie ,vinegar and flour to thicken.

METHOD

Mince up the chicken or meat.
Fry the onions light brown.
Add green chillies, saffron, dry chillies,
minced meat or chicken, coconut milk,
Heat and stir. Serve hot.

CURRIES AND MEAT DISHES

66. SALTED BEEF

INGREDIENTS

250 gm tender beef (rump)
20 gm salt
10 gm salt-petre
lime or kaffir lime leaves sliced
2 juicy limes, sliced in half, seeds removed

METHOD

Poke the beef with a sharp fork. Rub in salt and salt-petre.
Add lime and sliced leaves and let soak. Leave rinds on the
meat. Rub twice a day for ten days. Wash well then boil.

Tip Beef tongue or pork can also be prepared in the same way.

N.B. See note on salt-petre in Recipe No. 68

67. SHEEPS HEAD CURRY

INGREDIENTS

1 sheeps head
36 dry red chillies – seeds removed
15 gm zeera (cummin seed)
7.5 gm mustard seed
7.5 gm pepper corns
2 garlies minced
8 green chillies minced
Some onion leeks
2 large bunches coriander leaves, sliced
120 gm rice, boiled and pounded

Tip

METHOD

Get the butcher to cut the head lengthwise in half or even
in smaller pieces with his band saw. Grind the dry chillies.
Broil them in a pan. Do the same for peppercorns, zeera
and the mustard seed last. Boil the head, and remove the scum.
Add all the spices and the rice, leeks, coriander, minced
garlic and chillies till the meat is tender and able to separate
Burmese cooks never use coriander roots in their cooking
Thais also use the roots and will not buy coriander unless the
roots are still attached to the plants, as they keep longer when
the roots are placed in water.

68. MOCK BACON

INGREDIENTS

80 gm pork
6 gm salt
3 gm salt-petre

METHOD

Boil salt in water. When cool place pork in it for two hours.
Remove and pack pork well with salt. Add some salt-petre
and soak for one week. Slice and fry for use.

N.B. Since 911

Salt-petre can be used in explosives and may be unavailable
Use a “Curing Powder” available from Philipino grocery shops.
Nitrite in the curing powder, turns the meat bright red.

69. BACHELOR’S STEW – KALATHA HINCHO

INGREDIENTS

600 gm mutton
3 full pods garlic
1 1/2 cm piece of ginger
1 1/2 large onions – sliced
2 diced chillies
2 large tomatoes
20 gm ghee/butter
20 gm sugar
5 ml vinegar
5 gm flour

METHOD

Boil the mutton in a large pot.
Add all ingredients, cook and serve.

70. PANTHAY KHOWSWE

Burmese Recipe

CHINESE MUSLIM NOODLE CURRY

INGREDIENTS

1 large chicken, jointed
200 ml coconut milk
4 large onions
12 pods garlic
4 cm piece green ginger
Chillie powder – dry, roasted
a few sliced onions
Vegetable oil
2 limes or juice of 1 lemon
Onion leeks or spring onions
Saffron, tumeric or paprika
powder to add a bit of colour

METHOD

Grind the onions, garlic and ginger coarsely then fry well in oil. Add chicken. When brown, add coconut milk and simmer till tender. Then add chillie powder and lime juice. Serve with crispy fried egg noodles, sliced onions and leeks. It can also be served with boiled egg noodles instead of the crispy fried egg noodles. Saffron is from the stigma of a type of crocus (expensive) Tumeric, a yellow powder, is from the tuber of a plant and is used instead of saffron, without sacrificing any flavour
N.B. Panthays are Chinese Muslims, hence no pork is used

Tip

71. GREEN CURRY - CHAKNAH

INGREDIENTS

800 gm mutton
100 gm coconut cream
4 cm of ginger
4 green chillies
1 pod garlic
1 stick cinnamon
3 bunches green coriander leaves
1 dessertspoon dry coriander seed
2 or 3 sliced onions
½ lime, juiced
15 ml ghee/butter

METHOD

Fry onions and other ingredients like other curries.

Tip

Can use chicken instead of mutton
Yoghurt instead of ghee.
Broiling the coriander seeds subtly alters their flavour

72. BUFFARTH MIXED POULTRY & MEATS

Madras Recipe

INGREDIENTS

1 duck
1 chicken
400 gm lean lamb or mutton
400 gm beef
4 slices bacon or pork
12 carrots
4 cm green ginger
2 sprigs mint
2 large onions, whole
25 ml vinegar
400 gm green peas
50 ml vegetable oil
50 ml coconut milk
8 potatoes, 8 knol kols, 8 radishes and 8 green chillies,
3 red chillies, 4 pods garlic, 4 cloves
15 gm zeera, 15 gm mustard seed
6 peppercorns, 2 inch cinnamon,

METHOD

Simmer the meats and the vegetables.
Remove the vegetables as soon as they are tender.
Save the stock. Grind the peppercorns, zeera, red chillies
cloves, mustard seed, cinnamon and half the garlic and ginger.
Slice remaining ginger, garlic and green chillies.
Fry the spices gently in oil, add and brown the meats.
Add the stock, sliced ginger, garlic, mint, coconut milk
and green chillies and simmer gently till meats are tender
and stock is reduced. Serve on dishes with the vegetables
all round the meats and pour the gravy over it.

Tip Browning the meats seals in their flavours
and also gives them a different flavour

73. ROAST BEEF SANDWICHES

INGREDIENTS

160 gm roast beef
25 gm bacon slices
10 ml small bottle mustard
25 gm butter
large loaves bread, sliced

METHOD

Spread butter and mustard on opposing slices.
Put bacon and roast beef slices in between.

Tip English mustard is hotter than American mustard.

74. SAUSAGES

INGREDIENTS

400 gm tripe (or sausage skin)
1200 gm minced lean pork
400 gm minced lean lamb or mutton
6 cloves pounded
2 inches cinnamon pounded
1/4 nutmeg pounded
5 gm ground pepper
5 gm salt
25 ml worchester sauce

METHOD

Wash the tripe or sausage skins with water running
through them. Finely pound all the spices then hand mix
with the meats and worchester sauce. Use the sausage making
attachment of a food processor to fill the sausage skins.
Otherwise use a wide bore funnel to fill the sausage skins.
Boil or fry the sausages.

Tip If smoked, the sausages will last longer.

Recipe by Mrs. Wilkinson

DRINKS

75. MILK PUNCH

INGREDIENTS

200 ml rum
200 ml cool boiled fresh milk
200 gm sugar cooked into syrup
1/2 grated nutmeg

METHOD

Pour rum into a basin. Boil the sugar and pour into the rum.
Add grated nutmeg, boiling milk and lime juice together.
Add brandy. Soak for 24 hours not allowing this to be disturbed
Strain through a fine sieve. It should be clear or else it will

Recipe by Mrs. Goodger

25 ml fresh lime juice
50 ml brandy

have to be strained through flannel too.
Then bottle. Makes about 1400 ml.

76. MILK PUNCH LARGE QUANTITY

INGREDIENTS

10 gm cinnamon
10 gm mace
10 gm cloves
8 large cardamoms
3200 gm sugar
5600 ml rum
800 ml curacao
2000 ml water
3200 gm milk
800 ml lime juice
1 grated nutmeg
80 limes - peel only

METHOD

Soak rind of 80 limes in 3 bottles of rum for 24 hours
Soak spices in 2 bottles rum for 24 hours. Make a syrup of water and sugar by gently warming over the fire.
Mix every thing together except the milk which is to be poured in, boiling hot, last of all. When mixture is cold, strain through a flannel bag and pour the liquor back till it comes out quite clear. This should make 14 bottles.

Tip

Use an enamel or glass basin or other vessel when soaking as acid solutions can leach traces of metals from aluminium
Nutmeg is sold whole or ground; mace sold as chips or blades or ground & used in sweet & savoury dishes, pickles & sauces

77. MILK PUNCH SMALL QUANTITY

INGREDIENTS

9 limes peel only
18 limes juice only
200ml brandy
200 ml rum
400 ml anock
750 gm sugar
1/2 nutmeg
600 ml milk
200 ml boiling water

METHOD

Soak peel of 19 limes in the brandy for 24 hours.
Pour off brandy and add juice of 18 limes, rum, anock, sugar, nutmeg, milk and boiling water.
Cover up close and let it stand for 24 hours.
Strain through a flannel bag. When clear bottle it.

Tip

Nutmeg is the dried kernel of the nutmeg fruit
Mace is the fibrous husk of the nutmeg which is harvested and dried separately

78. MILK PUNCH

INGREDIENTS

Rind of 3 - 4 limes
100 ml rum
200 ml boiling milk
400 gm sugar
50 ml fresh lime juice

Recipe by Mrs. Timms

METHOD

Soak the lime rinds in rum for 48 hours Remove rinds
Add the boiling milk, then the rum, sugar, lime juice.
Strain all through flannel. Makes about 1000 ml

79. MANDARIN WINE

INGREDIENTS

10 mandarins
sugar as required

Recipe by Dorothy Pereira

METHOD

The mandarins should be thoroughly ripe so that they can be peeled at the touch, bringing away every bit of the white pith with the peel. Remove all pips and inside veins. Place fruit in an earthenware vessel and add cold water to cover. Leave for ten days, stirring each day, then strain. To every quart of liquid add a pound of sugar and

till dissolved. Leave for another three days removing scum as it arises. Pour into a cask and leave to ferment. Keep the cask full to the brim. When it has finished fermenting pour off into bottles, taking care not to transfer any sediment. Cork and leave for at least six months before drinking.

80. LIME JUICE

INGREDIENTS

100 ml lime juice
350 gm sugar
160 ml water

LAIN MAW YAY

METHOD

Dissolve sugar in boiling water. Add lime juice when cool or it will discolour. Bottle.

Tip

Keeps indefinitely.

81. LEMON SQUASH

INGREDIENTS

1 lemon - juiced
2 teaspoons sugar
soda water

METHOD

Put the lemon juice and sugar in a tumbler add soda water. Mix. Add tiny pieces of ice and a slice of lemon on the top.

FRITTERS AND FRIES

82. INDIAN FRITTERS

INGREDIENTS

100 gm flour
cold water
200 ml boiling water
4 egg yolks
2 egg whites
25 gm sugar
ghee/vegetable oil

METHOD

Make a smooth paste of the flour and cold water. Pour in boiling water and stir well. When cold add egg yolks and egg whites (not beaten) and sugar. Mix thoroughly. Drop a dessertspoon at a time into boiling ghee or vegetable oil and fry till light brown. Serve with jam or castor sugar.

83. COFFEE FRITTERS

INGREDIENTS

Thin slices of bread
Freshly made strong coffee
2 eggs
15 gm sugar
100 ml milk
butter, oil or ghee

METHOD

Soak bread in coffee. Beat eggs, sugar and milk. Pour over bread and leave for 10 minutes. Fry in hot butter, oil or ghee. Serve with a clear syrup of sugar seasoned with cinnamon

84. PLANTAIN OR BANANA FRITTERS

INGREDIENTS

6 bananas or plantains
sugar
1 wine glass rum (optional)
3 eggs
1 heaped tablespoon flour
1 teaspoon flour

NGA PYAW KYAW

METHOD

Mash bananas, sugar and rum. Let soak an hour. Beat the eggs with flour and Paisley flour. Mix all the ingredients and if too thick add a little milk. Drop a dessertspoon at a time in boiling ghee or oil till brown. Serve hot with crystallized sugar.

Tip

Ghee or oil must be sufficient to cover the fritters or else they won't rise.

85. PLANTAIN (BANANA) PRESERVE

INGREDIENTS

1 comb of nearly ripe bananas
or Pe-chan plantains
800 gm sugar
Cinnamon powder,
cardamom powder,
whole cloves to taste
800 ml water

METHOD

Boil all together gently till it thickens and becomes coloured
(sugar is slightly caramelized)

SALADS AND SAMBALS

86. MANGO CUCHUMBER

INGREDIENTS

1 green mango
1 onion
2 green chillies
1/2 inch green ginger
30 ml thick coconut cream

METHOD

Pare and grind the mango and all the other ingredients.
Add salt to taste

87. CABBAGE LETHOKE

Burmese Recipe

CABBAGE HAND MIXED SALAD

INGREDIENTS

1 small tender cabbage
salt
sesame oil
sesame seeds

saffron or tumeric
lime or lemon juice
dry prawn powder – fluffy
roasted chillies – pounded fine

METHOD

Slice or grate the cabbage finely. Wash well and squeeze out water. Sprinkle with salt and set aside. Broil the sesame seeds Warm the oil fry some onions with a little saffron till brown and set aside. Squeeze out salt liquid from the cabbage. Crush onions the sesame seed then add cabbage, prawn powder, chillies, sesame seeds, fried onions and mix all together with lime juice.

88. DRUMSTICK SAMBAL

INGREDIENTS

10 fresh drumsticks or 1 tin of pulp
Use all the other ingredients above in
recipe 87 except the cabbage

Tip

METHOD

Boil the fresh drumsticks. Take the flesh out of the hard skin
Mix all the ingredients together.

Where fresh drumsticks are not available use tinned ones.

Drain the water and add the drum stick pulp last of all.

N.B.

Not to be confused with chicken drumsticks. These
drumsticks are a long bean, up to 24 - 30 inches long.

89. BRINJAL (AUBERGINE) SAMBAL

INGREDIENTS

200 gm (2 – 3) brinjals
2 minced onions
2 minced green chillies
100 ml coconut milk
Vinegar, salt, pepper to taste

PICKLES

90. LIME PICKLE

INGREDIENTS

6 limes salted for 3 to 4 days
40 gm sliced ginger
80 gm green chillies
160 gm sugar
40 gm dry red chillies - pounded
40 gm garlic - sliced

METHOD

Boil the brinjals, remove the skin and mash them.
Mix all the ingredients together.

Recipe by Mrs Carneiro - Nagpur

METHOD

Make a syrup, add limes and ingredients.
Cook a few minutes and cool. Fill in jars

91. CORINGI PICKLE

INGREDIENTS

6 mangoes
100 gm chillies
100 gm zeera seed
100 gm mustard seed
100 gm green ginger
100 gm garlic
a little venthium (methi or fenugreek))
salt to taste

Recipe by May Phaure

METHOD

Pound the chillies, mustard, zeera and venthium coarsely
Grind the ginger and garlic in vinegar.
Cook the oil and the ingredients well.
Add the mangoes and bottle.

92. CORINGI PICKLE – FULL MANGO

INGREDIENTS

250 gm chillies pounded
250 gm garlic halved pods
5 gm venthium (methi or fenugreek)
broiled and ground coarsely
bottle or vegetable oil
salt to taste

Recipe from Rangoon Gazette

METHOD

Place all the condiments in a large bottle and cover about two inches with raw oil. Mix together full tender unpeeled mangoes washed and dried. Slit and extract mango seeds. Stuff each with the condiment mixture, pack in a glazed jar, with a layer of mixture between each line. Put an inch of vinegar on top. Place in the sun daily for one month.

Tip

This method can also be used with salted limes.

93. CORINGI DRIED MANGO PICKLE

CORINGI DRIED MARIAN PICKLE

INGREDIENTS

100 gm ground chillies
40 gm husked mustard seed
20 gm pounded zeera (jeera)
100 single pods sliced garlic

Recipe from Rangoon Gazette

METHOD

Fry ingredients well. When cold mix with salted dried mangoes or marians.
Oil must be at least one finger above the dried mangoes or marians.

Tip

600 gm oil

94. BRINJAL (AUBERGINE) PICKLE

Recipe by Mrs Delphin

INGREDIENTS

3200 gm brinjals
65 gm pounded dry chillies
40 gm ground green ginger
20 gm green ginger chopped
20 gm zeera (cummin seed)
8 gm cloves
60 gm full pod garlic
375 gm garlic
30 gm ground saffron
75 gm green chillies
30 gm ground venthium (methi or fenugreek)
30gm husked and ground mustard seeds
5 gm curry leaves
400 ml sesame oil
1000 ml country vinegar
100 gm salt to taste

METHOD

Remove brinjal stalks and split in halves
Remove chillie stalks and split at the top. Heat the oil well
Fry garlic, cloves, curry leaves, venthium, cummin seeds
When this and whole garlic are well fried,
fry the remaining ground curry stuff.
Pour in vinegar and salt and mix well.
Put in brinjals, chopped ginger and chillies.
Keep on slow fire, stir slowly.
Take care not to mark the brinjals.

95. SALT FISH PICKLE

Recipe by Mrs Delphin

INGREDIENTS

500 gm good quality salt fish
200 ml country vinegar (to wash fish)
12 gm pounded dry chillies
35 gm garlic
7 gm pounded saffron
7 gm green ginger scraped and chopped
5 gm dry curry leaves
5 gm pounded venthium (methi or fenugreek)
5 gm mustard seed cleaned and pounded
10 gm cummin seed (zeera) pounded
10 gm green chillies stalks removed, slit at tips
100 ml sesame seed oil
30 ml English vinegar

METHOD

Wash the salt fish in the country vinegar. This reduces the salt and the smell. Fry them in the oil, remove fish skins and bones and cut into small pieces. Fry the garlic, add curry leaves and all curry stuff then add the fried fish and fry for a further 10 minutes. Avoid burning.
Pour in English vinegar and let simmer gently for 10 minutes.
Keep pickle in the same vessel till the next day and bottle.

Tip

Country vinegar has more sugar (jaggery or molasses)

English vinegar has more acetic acid

N.B

a type of salt fish

96. PICKLED GREEN CHILLIES

INGREDIENTS

1600 gm green chillies
20 gm garlic
20 gm green ginger
5 gm dry red chillies
10 gm cummin seed (zeera)
10 gm mustard seed
½ teaspoon tumeric powder
20 gm salt

METHOD

Slit chillies. Grind half ginger and garlic in vinegar.
Slice the remaining ginger thinly. Fry oil and curry leaves.
Add tumeric, zeera, ginger, mustard seed, then salt, chillies & sugar. Add remaining vinegar, cook gently for 10 minutes.

125 gm sugar
65 ml vinegar
65 ml oil
a few curry leaves

97. TOMATO PICKLE

Recipe by May Phaure

INGREDIENTS

650 gm ripe tomatoes
70 ml sesame oil
80 gm sugar
80 gm minced green chillies
80 gm minced garlic
10 gm salt
5 gm methi (venthium or fenugreek))
20 gm mustard seed - husked
20 gm bright red chillies
15 gm cummin seed (zeera)
100 ml vinegar

METHOD

Plunge tomatoes into boiling water and skin
Clean and roast methi, zeera and mustard.
Grind all and chillies with one third the vinegar
Heat oil well, fry chillies, then methi, zeera and mustard
Cook well, add tomatoes gradually, remaining vinegar
and garlic. Simmer on slow fire, stirring occasionally.

MISCELLANEOUS

98. PEPPER WATER – MULLIGATAWNY – MULLUCKAPANI

Indian recipe

INGREDIENTS

1 small chicken or
400 gm beef
15 gm coriander seed
15 gm zeera (jeera or cummin)
5 gm mustard seed
15 gm peppercorns
3 dry red chillies
2 cloves garlic
60 gm thick tamarind paste
small piece ginger
1 large sliced onion
Onion leeks
A few curry and bay leaves
1 dessert spoon ghee
100 ml coconut milk
100 ml water

METHOD

Grind the chillies, garlic, ginger and other dry ingredients.
Add to the tamarind paste, coconut milk and water.
Boil at least 5 minutes and strain.
Fry the sliced onion, curry and bay leaves in ghee.
Pour in the tamarind liquid.
Add the chicken or beef and cook till tender
Add salt to taste.
Serve with a dry curry and boiled rice

N.B. Mulluck means ones' country or homeland i.e. India
Pani means water in Hindi, Thani means water in Tamil

GRANNY'S WEIGHTS & MEASURES

ORDINARY USE WITHOUT SCALES.

DRY materials such as RICE, FLOUR etc

1/2 oz	= 2 teaspoonful	= 15 gm
1 oz	= 1 level tablespoonful flour	= 30 gm
1 oz butter	= 1 dessertspoon	= 30 gm
1 teaspoon		= 15 gm
180 grains Troy weight	= 1 tola or tical	

$\frac{1}{4}$ lb = 4 oz flour = 1 small teacupful (dry) = 125 gm
 1 lb = 16 oz flour = 4 small teacupful (dry) = 2 breakfast cups = 500 gm
 1 drachm = 3.89 gm say = 4 gm

N.B. mls, fluid ounces (fl.oz), teaspoons and teacups measure **volumes**;
 oz & grains measure **weight**

LIQUIDS

1 tablespoon = 16 ml = 4 teaspoons = 2 dessertspoons
 $\frac{1}{4}$ pint = 1 small teacupful = 4 fl. oz = 6 tablespoons = 125 ml (can round off to 100 ml)
 $\frac{1}{2}$ pint = 1 breakfastcupful = 8 fl. oz = 250 ml

DRIPPING OR BUTTER

1 oz = 1 level tablespoonful
 $\frac{1}{4}$ lb = 1 teacupful $\frac{1}{2}$ lb = 1 breakfast cupful

JOE AND SHIRLEYS' WEIGHTS AND MEASURES from here and there

BURMESE or MYANMAR WEIGHTS

1 viss = 100 ticals = 100 tolas = 3 pounds 8 ounces
 1 viss = 1600 gm approx
 1 viss = 100 tolas = 1.25 seers
 1 tola = 1 silver rupee's weight (Indian coin) = 1 tical

N.B. Prior to Burma's independence in 1948, rupees, annas and pice were the monetary units, as in India and viss and ticals were the weights units (remembering that 1 tical was the weight of a silver rupee) After independence, it was kyats and pyas (monetary) but still viss and ticals for weight.

METRIC WEIGHTS

1 kilogram (Kg) = 1000 gram (gm)
 1 gram (gm) = 1000 milligram (mgm or mg)
 1 gram = 5 metric carats

IMPERIAL to METRIC WEIGHT CONVERSIONS AUSTRALIAN rounded off

1 ounce (oz)	= 28.4 grams (gm)	round off to	30 gm
2 ounces (oz)	= 56.8 grams (gm)	round off to	60 gm
3 ounces (oz)	= 85.2 grams (gm)	round off to	90 gm
4 ounces (oz)	= 113.6 grams (gm)	round off to	125 gm
5 ounces (oz)			155 gm
6 ounces (oz)			185 gm
7 ounces (oz)			220 gm
8 ounces (oz) = $\frac{1}{2}$ lb	= 227.2 grams	round off to	250 gm
9 ounces (oz)			280 gm
10 ounces (oz)			315 gm
11 ounces (oz)			345 gm
12 ounces (oz)			375 gm
16 ounces (oz) = 1 lb	= 454.4 grams	round off to	500 gm

The purists should note that

100 grams (gm) = 3.52 ounces (oz) 3.5 oz
 1 Kilogram (1000 gram) = 2.2 pounds (lbs) 35oz = 62.5 ticals (Burmese)
 1 pound (lb) Imperial = 16 ounces (oz)

1 pound (lb)	= 454 grams (gm) or .454 Kg	or	450 - 500 gm (rounded off)
1 grain	= 60 milligram (mg)		
1 ounce (oz) dry substance	= 1 level tablespoon		
1 ounce (oz) butter	= 1 dessertspoon		
¼ pound (lb) flour	= 1 small teacup	= 4 oz (weight)	= 125 gm
½ pound (lb) flour	= 1 breakfast cup	= 8 oz (weight)	= 250 gm
1 condensed milk (full) tin	= 400 gm (weight)	=	375 ml (volume) condensed milk

N.B. Imperial Weights are in ounces (oz) & Imperial Volumes are in fluid ounces (fl.oz)

INDIAN SUB-CONTINENT WEIGHTS

1 maund	= 49 seers (pronounced sayre)	= 8 passeri
1 passeri	= 5 seer	
1 seer	= 4 powas = 16 chittacks = 80 tolas	= 80 ticals (Burmese)
1 powa	= 4 chittacks	= 20 tolas
1 chittack	= 5 tolas (solid or liquid)	= 2 British ounces (oz)
1 grain	= 60 mg	
1 tola	= 1 tical	
	= 180 grains British Troy Weight	
	= weight of 1 silver rupee	
1 tical	= 180*60 mg (* means multiply)	= 10800 mg = 10.8 gm

METRIC VOLUME

1 litre (L) of water	= 1000 millilitres (mls)
	= 1000 cubic centimetres (c.c.)
	= 1.76 pints

IMPERIAL (UK)/USA METRIC FLUID CONVERSION AUSTRALIAN rounded off

1 fluid ounce (fl oz)	= 28.4 ml	round off to 28 ml or even	30 ml
1/2 fluid ounce (fl oz)	= 4 teaspoons	= 1 tablespoon	= 16 ml or 15 ml for convenience
1 pint	= 2 breakfast cups	= 20 fluid ounces (fl oz)	
	= 4 gills	= 4 small teacups	600 ml
1 breakfast cup	= 2 small teacups	= 8 fluid ounces (fl oz)	250 ml
or Australian standard cup	= 0.5 pint	= 8 fluid ounces	250 ml
1 small teacup	= 6 tablespoons(1 gill)	= 4 fluid ounces (fl oz)	125 ml
1 tablespoon *	= 2 dessertspoons	= 4 teaspoons = 16 ml*	20 ml*
	= 0.5 fluid ounces (fl oz)		
3 tablespoons	= 1 wine glass		
1 dessertspoon	= 2 teaspoons	= 8 ml or	10 ml for convenience
1 teaspoon	= 4 millilitres (mls)	= 60 drops or	5 ml

N.B.# Rounded off to the nearest 5 or 10 ml it is easier to measure the volume & shouldn't affect the taste #

A basic metric cup set consists of 1 cup, 1/2 cup, 1/3 cup and ¼ cup sizes.

A basic spoon set comprises 1 tablespoon, 1 teaspoon, ½ teaspoon and ¼ teaspoon.

*** In the UK/USA therefore all tablespoons should be taken generously.***

IMPERIAL WEIGHT to VOLUME CONVERSIONS

1 pound (lb) water	= 4 teacupful	= 1 pint	= 600 ml
1 gallon	= 4 quarts	= 8 pints	
1 quart	= 2 pints		
1 pint	= 20 fluid ounces (fl oz)	= 600 ml	
1 condensed milk tin	= 12 fluid ounces (fl oz)	= 375 mls (volume)	
		or 400 gm (weight)	

2 coconuts - milk extracted = 200 ml coconut milk
 3 coconuts - cream extracted = 200 ml coconut cream is equivalent to 300 ml coconut milk

METRIC MEASURES SPOON AND CUP (AUSTRALIAN STANDARD = A.S.)

1 teaspoon	=	5 ml	A.S.	I assume this is for ease of calculation.
1 dessertspoon	=	10 ml	A.S.	Small Australian volumes will be 20% greater than the Imperial measure but shouldn't affect the taste to any drastic extent.
1 tablespoon	=	20 ml	A.S.	
1/4 cup	=	60 ml	A.S.	
1/2 cup	=	125 ml	A.S.	
1 cup	=	250 ml	A.S.	
8 fluid ounces				
** British Imperial Pint/Australian	=	20 fl. oz.	<u>vs.</u>	U.S.A Pint = 16 fl. oz
** American/Canadian tablespoon	=	15 ml	<u>vs.</u>	Australian = 20 ml

METRIC to IMPERIAL CONVERSIONS for OVEN TEMPERATURES

CELSIUS	FARENHEIT	COMMENT	COOK'S JARGON	ROUND OFF TO
0 degrees C	32 degrees F	ice forms	freezing point of water	30 F
100 degrees C	212 degrees F	steam forms	boiling point of water	210 F
120 C	248 F		very slow heat	250 F
140 – 150 C	284 – 302 F		slow cooking, slow heat	275 F - 300 F
160 C	320 F		moderately slow heat	325 F
180 C	356 F		moderate	350 F – 360 F
190 C	374 F		moderately hot	375 F
200 – 230 C	392 – 446 F		hot	400 F – 450 F
250 – 260 C	482 – 500 F		very hot	475 F – 500 F

Conversion tips

To convert Centigrade (Celsius) to Farenheit i.e. Metric to Imperial temperature

Every 10 degrees Celsius (C) = 18 degrees Farenheit (F) and add 32 F
 or multiply each 10 degrees C by 1.8 and then add 32 F
 e.g. (100 C x 1.8) = (180 + 32) = 212 F

Formulae

The formula is $F = 9 C / 5 + 32$
 or $F = \{ (9 \text{ times temperature in C}) \text{ divided by } 5 \} \text{ plus } 32$
 e.g. 100 degrees C converts to $\frac{(9 \times 100)}{5} \text{ plus } 32 \text{ in degrees F}$
 or $100 \text{ degrees C} = 180 + 32 = 212 \text{ degrees F}$

To convert Farenheit to Centigrade (Celsius) i.e. Imperial to Metric temperature

Formulae

The formula is $C = \frac{5 (F - 32)}{9}$
 or $C = \{ 5 \text{ times } (F - 32) \} \text{ divided by } 9$
 e.g. 212 degrees F converts to $\frac{(212 - 32) \times 5}{9} \text{ in degrees C}$
 or $212 \text{ degrees F} = \frac{180 \times 5}{9} \text{ C}$
 $= 100 \text{ degrees C}$

N.B. 212 degrees F = 100 degrees C = boiling point of water



**Photograph of our Angels @ Jumbo & Dot's 50th Anniversary, San Diego 1986
(Jumbo Pereira, Dorothy Pereira, Gladys Rodgers, Mary Machado)**

<i>NB. In Australia we use dd.mm.yr</i>	Date of Birth	Date of Passing
Jumbo Pereira (our Dad)	26/11/04	29/06/88
Dorothy Pereira (our Mum)	09/01/13	01/09/97
Gladys Rodgers (Dot's Sister)	22/10/18	07/09/05
Mary Machado (Dot's Twin)	09/01/13	17/11/87
Albert Williams #	19/07/39	29/06/99
Helen Apostol @	27/10/65	28/02/07
Nathan Apostol *	13/06/96	13/06/96

Albert (Audrey's husband – Son In Law of Jumbo & Dot Pereira)

@ Helen (Mary's Grand Dot & Daughter of Bill & Anne Apostol)

*** Nathan (Mary's G.G.S., G.S. of Bill & Anne, Son of Mark & Amy)**

Please send photos & details of other angels for the December edition

EPILOGUE

We come to the end of this exercise of love & tribute to the de Souza, Phaure , Pereira, Machado, Rodgers, Apostol & Williams families.

Shirley & Joe hope that, as we have experienced and learnt what unconditional love of parents towards their children is, we may be privileged and blessed to share it and pass it on to the coming generations.

You all have been invited to share in our anniversary celebrations. The reality of the situation is such that though you all might want to be with us in Australia on December '07 (Summer Down Under), due to distance, age, financial, health and family commitments, many are not going to be able to travel at that time.

Life is full of compromises and our accommodation to varying circumstances. In the very first page we respectfully asked you, who are our beloved family and friends, to pray for us. We will keep all of you in our thoughts and in our prayers.

Mum & Dad were in Mandalay during the Karen Insurrection with Allan, Rita & Arlene. Audrey & Joe stayed in Rangoon through-out. I, Joe, learnt my prayers, especially the Rosary, from our beloved Gran. She took us grand children to Mass & Benediction each week.

Later I would go with Mum on some Sundays to the Cook's Mass at St. Anthony's Church, Kan daw galay. Imagine going in by the Kokine bus to the B.A.A. ground/Scots Kirk bus stop & then walking briskly to get to Mass by 5. 00 am. After that it was off to Bogale Market. I would always have 2 annas worth of Moh Sein Baung (steamed jaggery rice pudding) which I haven't eaten since leaving Burma. Rain or shine, summer or winter, that was Mum's routine.

Shirl's Mum was also a devout Baptist. She lived till the age of 94, the last 15 years with dementia. Though she couldn't remember faces or names, when ever the family sang a hymn, she would join in, as long as she could write. She would always tell us "never forget God".

You can see that we have been blessed with caring, nurturing families. We try to share our blessings with the disadvantaged, especially Burmese and Karen refugees, in Sydney and overseas.

We are trying to arrange support for the United Christian Kindergarten in Maesot, Thailand. It is non-denominational, catering now to over 100 infants from 3 to 7 years. The parents are the Internally Displaced People on the border who are not recognised as refugees.

There are 500,000 I.D.P's & 130,000 refugees in 7 refugee camps. Some have been in the camps for over 25 years. Refugees get some help from UNHCR but I.D.P's get nothing except what some NGO (non-governmental organisations) can get across to the jungle sites.

That is why we so need your prayers, so that we will have the strength to continue to help the least in Jesus' kingdom. Thank You. May God Bless and keep you always in His sheltering arms. We wish that His peace be with you always.

With many thanks and much love from

Shirley and Joe Pereira (May 2007)