

# BUFFALO WITHOUT BORDERS CULTURAL INFORMATION PACKET

## NIGHT ONE: BURMA



## CUISINE SERVED BY: LIME HOUSE



### GET TO KNOW OUR BWB FEATURED CHEF, THANDA!

Our Buffalo Without Borders TO GO season openers are the colorful Williamsville favorite, offering Burmese specialties alongside Japanese dishes like sushi, edamame, and dumplings. Master Sushi Chef Sein runs the beloved local spot with his wife and daughters, combining mastery-level cooking with family values!

Mr. Win's two daughters, Thanda and her sister Saw Su, will be the chefs for our Buffalo Without Borders TO GO night. "It was my father who taught me how to cook and how to run and grow a business." Now Thanda is excited to take on her next feat as a chef, our first event night!

### THE STORY BEHIND LIME HOUSE



The Win family takes "family-run restaurant" to a new level. Mr. Win learned how to make sushi in Japan before settling in the U.S. and becoming a sushi master chef. Her mother, Mrs. Win cooks for community events like the Burmese water festival and temple events. Thanda's sister Saw Su is also a chef and baker. She created the locally famous Crepe Cake that BWB participants will be trying for dessert tonight!

Lime House was opened in October 2017 after running the sushi franchise business in Wegmans for over 17 years. Thanda ran the McKinley location and her father ran the Sheridan location, but they ultimately decided to open their own restaurant to make their own creations. Thanda says, "We decided to open since all of my family are chefs and love to make food while connecting to the people."

Thanda's favorite dish to serve off their menu is the Coconut Noodle Soup, but their most popular dish is the Burmese specialty Kat Kyae Kite, a wide noodle dish filled with fresh vegetables and a dark, fragrant sauce.

"Our menu is a balanced mix of Burmese and Japanese food, it helps people find something that they are familiar with to go along with something that is new and that they've never tried before."

Lime House itself is a lively place to visit, for in addition to their amazing dishes, they have a full bar with a variety of drinks like sake and cocktails. There's also live music every Tuesday and Saturday, and as Thanda says, "Good music with good food always blend well."

Thanda encourages all participants and beyond to stop by their restaurant and even come to one of their Halloween or Christmas parties!

[LEARN MORE ABOUT LIME HOUSE HERE!](#)



# WHAT'S ON THE MENU?



## BURMESE CHICKEN CURRY

A MILDLY SPICED CURRY WITH POTATO,  
SERVED WITH RICE

## BURMESE VEGETABLE LENTIL SOUP (V)

ASSORTED VEGETABLES, LENTILS, AND SPICES  
SERVED WITH RICE



WITH THE PAIRED DRINK OF



## GINGER TEA



AND FOR DESSERT...



## CREPE CAKE



# AROUND THE BURMESE TABLE



## **BURMESE DINNERTIME CUSTOMS**

Burmese Cuisine is characterized by curries, salads, and soups all rich in flavors, spice, and fresh ingredients. Most meals incorporate either a side of white rice or noodles within the soups and salads, or fried up themselves to make up the entree.

Rice is eaten by rolling it into small balls with their fingertips before consuming it. Chopsticks and Chinese-style spoons are used for other entrees including their noodle dishes and many of the popular soups like Khao Suey, one of their most popular coconut-based soups.

Traditionally, the Burmese eat meals from plates or many small bowls off of a Daunglan, a low table made out of bamboo. It is also common to sit around the Daunglan on bamboo mats instead of chairs.

Dishes are simultaneously served and shared among the dinner party. Out of respect, the eldest diners are always served first before the rest join in. Even when the elders are absent, the first morsel of rice from the pot is scooped and put aside as an act of respect to one's parents, a custom known as "u cha" or "the first serve" in English.

In traditional Burmese medicine, foods are divided into two classes: heating or cooling based on their effects on one's body system, similar to the Chinese classification of food. Examples of heating foods include chicken, bitter melon, durian, mango, chocolate, and ice cream. Examples of cooling foods include pork, eggplant, dairy products, cucumbers, and radish.

The Burmese also hold several taboos and superstitions regarding consumption during various occasions in one's life, especially pregnancy. For instance, pregnant women are not supposed to eat chili, due to the belief that it causes children to have sparse scalp hairs.

## **SONGS FROM THE REGION**

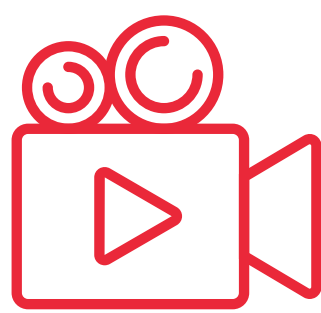
We've made a playlist full of Burmese songs to help you immerse yourself in the culture.

Click the music note graphic to be linked to our Spotify playlist.



**[CLICK HERE!](#)**

## **BURMESE MOVIE RECOMMENDATION**

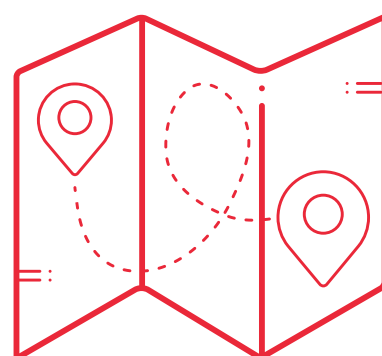


**[CLICK HERE!](#)**

**The Lady**  
Directed by: Luc Besson

The story of Aung San Suu Kyi as she becomes the core of Burma's democracy movement, and her relationship with her husband, writer Michael Aris.

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### MORE ABOUT BURMA

#### GEOGRAPHY:

Located in Southeast Asia, southeast of the Himalayas, and bordered by the Indian Ocean

#### CLIMATE:

A tropical monsoon climate with three seasons: Cool – November to February is warm to hot during the day and the air is relatively dry. Hot – March to May is intensely hot in most of the country. ... Rainy – June to October is the monsoon season, with high rainfall.



**Burma**

**POPULATION:** 53.71 million

### BURMA TODAY



Burma, or Myanmar, is located on the mainland of Southeast Asia, bound by Bangladesh and India to the north, China, Laos, and Thailand to the east, and by the Indian Ocean to the west and south. The Irrawaddy River runs through the center of the country and fans out to form a delta on the south coast. North of the delta lies the Irrawaddy basin and arid plains, protected by a horseshoe of mountains that are covered by subtropical forest. To the east is the Shan Plateau where fruits, vegetables, and citrus crops thrive thanks to the intensive irrigated farming.

Following independence from the United Kingdom, Burma joined the United Nations in 1948. The Union of Burma originally began as a parliamentary democracy, until General U Ne Win led a military coup and held power for the next twenty-six years. After a couple decades of corruption and unrest, General U Ne Win stepped down in 1988. The new military regime changed the country's name from the Union of Burma to the Union of Myanmar in 1989, arguing that Burma was less inclusive and a tribute to the colonial era. In 2007, the so-called Saffron Revolution and international pressure prompted shifts in Myanmar. The junta pushed forward a new constitution in 2008, which is still in place today, that gave the military widespread powers even under civilian rule. The military junta unexpectedly officially dissolved in 2011 and established a civilian parliament for a transitional period, during which former army bureaucrat and Prime Minister Thein Sein was appointed president. The United States continues to use the name Burma, though most countries refer to the nation as Myanmar. The U.S. supports a peaceful, democratic Burma that respects the human rights of all people.

Currently, Burma is facing political turmoil following a coup that began the morning of February 1, 2021. The democratically elected members of the country's ruling party, the National League for Democracy (NLD), were deposed by the Tatmadaw, Burma's military. The new acting president declared a year-long state of emergency and transferred power to the Commander-in-Chief of Defense Services Min Aung Hlaing. They declared the results of the November 2020 general election invalid and alleged voter fraud threatened national sovereignty. Civil resistance efforts have since emerged within the country, with many using Facebook and other social media to organize and share photo and video evidence of the brutality of military forces against the protesters with the rest of the world. New York State is home to 14,000 Burmese refugees, with a large community here in Buffalo. Many have family and friends who are living in the country and they now worry for their safety and well-being. If you want to learn more or find out ways you can help, check out the Burmese Community Services: <https://www.burmesecs.org/index.html>

# COOK A BURMESE MEAL AT HOME



**Bu Thee Kyaw: an authentic Burmese appetizer similar to Vegetable Tempura.**

## INGREDIENTS FOR BU THEE KYAW

Gourd or other if vegetable preferred

### TEMPURA BATTER:

2 cups Rice Flour  
1/2 cup Glutinous Rice Flour  
1/2 cup Besan Flour  
1/2 tsp Salt  
A pinch of Turmeric  
Water 170 ml  
2 cups Vegetable Oil to fry

### DIPPING SAUCE:

Garlic  
Ginger  
Chili  
1/4 tsp Sugar  
Salt to taste  
Tamarind mixture, soaked tamarind paste in hot water to soften and sieve through  
1 tbsp Chili Sauce  
Coriander

## HOW TO MAKE: BU THEE KYAW

**Prep time: 3 hours to let veggies dry**

**Cook Time: 25 minutes**

1. Cut gourd in long strips with 1/2 to 1 inch thick. Then, air dry it at least 3 hrs.
2. In a big bowl, combine all the dry ingredients well for the batter. Then add water slowly to mix well till no lumps.
3. Heat the oil in a pan. Dip each bottle gourd into the batter and deep fry with medium heat till it is cook and slightly turn yellow.
4. Increase the flame to high, then let the gourd fry till crispy and light brown outside.
5. Drain the oil, then serve hot with the dipping sauce.
6. You may prepare the dipping sauce in advance while letting the bottle gourd air dry. For dipping sauce, pound 2-3 cloves of garlic, 2 cm diameter of ginger and chili with pestle and mortar till become a paste.
7. Transfer them into a small bowl, then add sugar, salt and sieve through tamarind mixture.
8. Add chili sauce and top with coriander.