

- The national menu in ASEAN is considered to be the most healthy menu. It has to be given to la phet or tea leaf salad of Myanmar. Lahpet is a popular dish made from tea leaves. This is a raw material that is very easy to find in Myanmar. He will ferment the tea leaves and eat them with various side dishes that we will present next. First of all, let's get acquainted with this food. Lahpet thote or Lahpet is one of Myanmar's most famous dishes. Originally from Shan State and Mandalay. Lahpet means pickled tea leaves. Thote means yum. When taken together, it means Marinated tea leaves or Miang leaf salad. It is considered a popular appetizer to serve guests with tea. By organizing the Lahpet side dishes on trays, the containers may be made of lacquerware, divide them into compartments and put the ingredients in it.

วัตถุดิบ

- We already know a little about the origin. Next, let's do Lahpet. First, let's look at the ingredients and what they are.
- Fermented tea leaves (Miang leaves) ใบชาหมัก
- Crispy dried shrimp กุ้งแห้งทอดกรอบ
- Fried garlic กระเทียมเจียว
- Cashew nut มะม่วงหิมพานต์
- Tometo มะเขือเทศ
- Roasted White sesame งาขาว
- Soybean ถั่วเหลือง
- Pepper พริกขี้หนู
- Fried Shallot หอมแดง
- Fried Green Beans ถั่วเขียวซีกทอด
- Fried Green Peas ถั่วลันเตาทอด

How to do

- The fermentation of tea leaves is steamed fresh tea leaves, rolled into bundles, packed in airy wooden baskets. crushed with stones Stay overnight for a night or two to get fermented tea leaves, or what the northern people call Miang leaves.

salad ingredients

- Fish sauce 1 spoon
- Salt half a teaspoon
- Sugar 1 teaspoon
- Cayenne pepper 1 teaspoon
- Lemon juice 1 spoon
- Peanut oil 1 spoon

Method of making

- Mix all the ingredients together, add the granny and mix together again. Arrange on a plate and serve the liquid mixture.

สรุป

- It can be said that it resembles the Miang of Thailand. Lahpet is an indispensable dish on special occasions or important festivals in Myanmar. It's said that if any party or celebration No Lahpet will consider the work to be incomplete.

Thank you for your attention bye~~~~~