

NILA'S BURMESE KITCHEN RESIDENCY

RUNNING FROM 03 MARCH - 31 MARCH
ENJOY ITEMS ALONGSIDE THE MAIN MENU.

KYETHA & ALOO SEEPYAN - 15

A Lemongrass Chicken and Potato Curry served in the traditional Burmese 'Seepyan' style. Predominant flavours of lemongrass, shallots, ginger and garlic. Spicy not fiery.

GRILLED SKEWERED KING PRAWNS - 9.50

A traditional recipe from Patheingyi: a town by the Irrawaddy Delta, that's spicy and juicy with flavours of garlic and coriander. Nila's Great Grandmother grew up in the region and passed this recipe down the generations.

BURMESE FRIED CHICKEN - 9.50

A Burmese twist on a staple, marinated in turmeric and fish sauce.

LAPHET THOHKE- 6.50

A fermented tea leaf salad that Nila says is hard to describe but an absolute must try if you're dipping your toes into Burmese food. Umami, crunchy and zingy.

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DSW SIT WITH: NILAS BURMESE KITCHEN

CAN YOU TELL US A LITTLE BIT ABOUT YOURSELF, INCLUDING WHERE YOU ARE TODAY, AND WHAT GOT YOU HERE?

I'm Nila Oo, owner of Nilas Burmese Kitchen & Cafe in Manchester. Born in Burma, grew up in London. Studied at Manchester University and never left.

WHAT INSPIRES YOU TO LAUNCH NILAS BURMESE KITCHEN?

I always wanted to run my own restaurant but never had the time. An opportunity came up when I was on the verge of being made redundant and I began thinking it was time to open the restaurant I had always wanted to own. Nila's Burmese Kitchen started in 2014. Initially, I did pop-ups at local food markets and collaborated with small businesses before finally opening the restaurant in Trafford. It's the first Burmese restaurant in Manchester and second in the UK.

HOW WOULD YOU DESCRIBE YOUR COOKING INSPIRATION?

All Burmese people are hugely passionate about food. The Menu was inspired by the food my mum cooked growing up. Although my sister is the one who was old enough to remember all the recipes.

WHAT DO YOU LOVE THE MOST ABOUT BURMESE DISHES?

In a nutshell, I would describe Burmese cuisine as essentially curries and rice, or in Burmese hin and t'amin. Comprising of meat, fish or vegetables, cooked in various ways. Usually, it comes in two forms, a 'dry-ish' one called 'seepyan' or one with a thin sauce. However, there are ingredients unique to Burma, creating its own identity, such as the fermented tea leaves, called 'laphet'. And there are a variety of noodle dishes. One of which is called 'Mohinga', made with fish and is considered the national dish of Burma.

TELL US ABOUT YOUR COLLABORATION WITH DSW

It's such an exciting place to be and, when I was approached to collaborate on this menu it was a no-brainer. It's also exciting to be working with Andrew Green. With his years of experience, I can't think of someone better to execute a taste of Burmese Cuisine in the heart of Manchester's cultural hub.