

OCTOBER 2020



# Friends of Sanon

Changing Lives, Building a Future for Myanmar Youth



## Mingalaba

Welcome to Sanon's October newsletter, we hope our news finds you and your loved ones well and safe.

We will continue to focus upon Myanmar and advertise the diversity, beauty and uniqueness that this country has knowing that one day we'll all be back there safely to enjoy it. Quick update. Sanon staff are continued to be furloughed, our students training is suspended until we can safely return to opening in 2021. Did you know that Sanon generated **85%** of its income via restaurant sales with the **15%** made up from donations via the restaurant and website donations.

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### Contact Us:

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### Help Us Help Them

Make a donation:  
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We are continuing to support our staff, students and their families financially. We would be grateful if you could support us in supporting them so we can continue to create lives and build futures for disadvantaged Myanmar youth. **[To make a donation click here for more information.](#)**

## Good news time again!

One must do, when you arrive in Bagan, is of course to visit Sanon training restaurant. Why? To experience for yourself the amazing food, atmosphere and value for money that others have experienced. With thanks to their generous feedback via TripAdvisor Sanon has been awarded Tourist Choice 2020 and ranked the 5th best restaurant in Bagan. The top 4 are all highly rated traditional Burmese restaurants so for us to be up amongst them is an honour indeed.

Thank you again for all of you who took the time to submit your views via TripAdvisor.



## Phaung Daw Oo Pagoda festival

October is usually a time for celebration, at Inle Lake with the Phaung Daw Oo Pagoda festival, one of the must see festivals you should experience in Myanmar. Celebrated at the Inle Lake, this festival is dedicated to Lord Buddha. A parade of the pictures of Lord Buddha from the Phaung Daw Oo Pagoda is organised in the lake and the boats are decorated. The boat is stopped at every village so that the locals can take a look at the parade and pay homage. Traditional dances and boat races are also organised and are the best part of this festival. Something to put on your list of things to do when you arrive back or for the first time in Myanmar.

### **A little bit about Shan State**

*Shan state is a state of Myanmar. It borders China to the north, Laos to the east, and Thailand to the south, and five administrative divisions of Burma*

*in the west. The largest of the 14 administrative divisions by land area, Shan State covers 155,800 km<sup>2</sup>, almost a quarter of the total area of Burma. The state gets its name from Burmese name for the **Tai people**: "Shan People". The Shan constitute the majority among several ethnic groups that inhabit the area. Shan is largely rural, with only three cities of significant size: Lashio Kengtung and the capital Taunggyi is 150.7 km northeast of the nation's capital Naypyitaw.*



## SHAN KHAUK SWE

**Minced Chicken, Tomatoes, Pickled Radish & Rice Noodles.** If you haven't tried this dish you must when you come to Sanon restaurant. Its is a speciality of the Shan state in which Inle lake is also located. Shan food is one of the most unique cuisines in Myanmar you simply have to try it to know it, it is unlike food elsewhere in Myanmar.

20g Red Onions finely chopped,  
2 Tbsp Garlic finely chopped,  
2 Tbsp Ginger finely chopped,  
1 Tbsp Chilli Powder,  
1 Tbsp Lemongrass finely chopped,  
4 Tbsp Sunflower Oil (for frying),  
200g Tomato diced,  
1 Tbsp Fish Sauce,  
120g Chicken Breast diced, Salt & Pepper to taste.  
340g Shan Noodles,  
1 Tbsp Spring Onions finely chopped (garnish),  
20g Bean Sprouts (garnish),  
300ml Chicken Stock,  
1 tsp Spring Onions finely chopped (garnish),  
180g Chinese cabbage pickle.



## TAMARIND LEMONADE

Drink of the month is tamarind lemonade, a refreshing and unique drink with a very distinct flavour.

Tamarind 1.5 cl,  
Jaggery 1.5 cl,  
Sprite 1 Can,  
Ice cubes 5 pieces.

Tamarind (*Tamarindus indica*) is a large evergreen tree. It is widely found in Africa and southern Asia and grows in most tropical regions throughout the world. Tamarind is an important, sometimes sacred, plant in many different cultures and traditional medicine systems. It was mentioned in ancient Indian scriptures as far back as 1200 BC and was first cultivated in Egypt in 400 BC. The tree produces pods that contain a sour, fruity pulp filled with seeds. In India, 230,000 tons of tamarind pulp are harvested every year. As the fruit ripens, its taste changes from sour to a characteristic sweet but tart one. The flavour is often described as intense, somewhat akin to a mix of lemons, apricots, and dates. #Sanonsoda



We hope you have enjoyed our October's newsletter, let us know what you think on any of our social media sites and share with anyone you think may enjoy reading it too.