



FLAVOURS OF *Myanmar*

Gastronomic Chronicles
From Yangon to Mandalay

PATTY AGARWAL AND
EDWARD SINGH

Myanmar. Once an isolated country, it has now become a staple bucket list destination for many travellers across the globe. It boasts hundreds of historic temples, bustling markets, and scenic landscapes.

But historian Patty Agarwal and renowned chef Edward Singh saw this unique country beyond its picturesque sites. They saw Myanmar as the palatable gem that it is—the last frontier of Asian cuisine.

Myanmar, just like its Chinese, Indian, and Thai neighbours, possesses unique flavours that every gastronome can feast on. Follow Patty and Edward from the fancy restaurants of Yangon to the busiest food stalls in Mandalay and discover a whole new culinary world you'll surely want to add to your bucket list too.

Patty Agarwal is a graduate from Duke University and a historian who specializes in Asian History. A certified foodie, she likes trying out new recipes. But when she's not working or cooking, she spends most of her time writing. She has already published two books about the history of India.

Edward Singh is a chef de cuisine currently based in London, United Kingdom. He honed his wares at the Culinary Academy of India and has also published three cookbooks about Asian cuisine. When not cooking, Edward travels the world to expand his knowledge on the culinary arts.



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