

Contents

- Foreword by U Than Oo, Director-General (Rtd.) of the Basic Education Department, & Chairperson of Myanmar Arts & Science Professionals' Association Pg 5
- Foreword by Law Professor Daw Ti Ti Cho, Head of Department (Rtd.), Dagon University.....Pg 6
- Foreword by the AuthorPg 7
- AcknowledgmentPg 9
- IntroductionPg 10



Chapter (1)

- Cooking UtensilsPg 14
- Main IngredientsPg 34
- The Role of Leaves & Flowers in Bamar SnacksPg 42
- Bamar Plain Tea ..Pg 47

Chapter (2)

- Bamar Agar.....Pg 136
- Bamar Assorted Fries & Fritters ... Pg 131
- Bamar Snacks Pg 55
- Bamar Dipping SaucePg 134
- Bamar PuddingPg 155

Chapter (3)

- Bamar One Dish SnacksPg 169

Chapter (4)

- Bamar JuicePg 215
- Measuring & Weights Conversion Tables ..Pg 230
- INDEXPg 231

Foreword by the Author

Often I mentioned in my previous books on domestic science that even though I have gained invaluable knowledge and experience on domestic science from my mother Daw Sann Lay, a domestic science professional practitioner. My original profession is being a lawyer. However, I have endeavoured for furthering the literature on domestic science whenever I have the opportunity. I am of the view that we should have more books on domestic science. **With that aim, I have organized and written this book on "How to make Bamar Snacks".**

Presently, there is high demand by the reading audience (or readers) who keep asking for books on "How to make Bamar snacks" with an international standard. Authors cannot and should not deny what their readers ask for. In other words, authors have an obligation to fulfill readers' request. **That is why I have organized and written this book on "How to make Bamar Snacks".**

In fact, there have already been a number of books on making snacks and cook books published in Myanmar. However, we can hardly find specific books which are dedicated to only Bamar snacks or Myanmar snacks. Most of the books are found to include methods of making. Myanmar snacks, Bamar snacks and foreign snacks mingled together. If the title of the book is given as "Myanmar snacks" it should include snacks of all national races including those of Bamar. If the book is named as "Bamar snacks", it should emphasize on snack made by Bamar people. I am of the view that a specific book on Bamar snacks should be organized and published. **This is the reason why I have organized and written this book on "How to make Bamar Snacks".**

I perceive that creating literature on domestic science is like creating art. Thus, compilation of a literary work on domestic science necessitates inspired comprehension of creating domestic art. Performances of an artist on his or her particular type of art should comprise a variety of respective attempts which contribute to emergence of artistic creations which again account for the emergence of a prototype of significant quality. Début of this quality book will pave the way for its counterparts. **With that aim, I have organized and written this book on "How to make Bamar Snacks".**

Art of domestic science is generally accepted as cooking, sewing and handicraft. Art of cooking is misconstrued as covering only ingredients and methods. In fact, art of cooking includes "ingredients for the dish," "cooking methods", "equipments", "food preparation", "food catering" and "food appearance". We need such a type of multi-faceted book. **That is why I have organized and written this book on "How to make Bamar Snacks".**

It is found that only in a few books are Bamar snacks given their names by means of international language. This is one of the requirements I aim to fulfill in preparing "Bamar snacks". For this I had to work hard so that I could pronounce the names of Bamar snacks correctly. I had to learn the names of the snacks of our neighbouring countries. Gradually, I was able to describe each and every snack in this book using international language. **That is why I have organized and written this book on "How to make Bamar Snacks".**

In other countries, many educational books on various subjects such as domestic science, cooking, sewing, handicraft, music, art, sculpture, agriculture and industry have been published. These books can help us become professionals in a specific subject. However, such types of educational books are found to be very limited in Myanmar. **That is the reason why I have organized and written this book on "How to make Bamar Snacks".**

When I prepared this book, I avoided secondary sources and guessing through interview with an expert. In addition, the author attempted to include photographic references in this book in order to convey the real appearances of Bamar Snacks to the readers. The author must admit that it is difficult to bring snack, a non-living thing into life as lively as human being. With great care, the author managed to implement that tasks in collaboration with photographers and artists in order to living or non-living thing snacks. **With that aim, I have organized and written this book on "How to make Bamar Snacks".**

The sphere of readers of this book is not restricted to only housewives. Efforts have been put into creating an educational cook book for all Myanmar nationals, for Bamar and Myanmar staying abroad. It is also hoped that this book will be accepted by the international community. **With that aim, I have organized and written this book on "How to make Bamar Snacks".**

Since I would like to further promote the arena of domestic science and its knowledge, I sincerely wish to fulfill any requirement in that field based on the demand of reading audience. So I feel very much satisfied about it. **With that aim, I have organized and written this book of "How to make Bamar Snacks".**

By borrowing Mother's words "Responsibility lies with those who accept it", I have taken full charge of organizing and publishing this book. If there are any mistakes in that endeavour, I accept that I am the only person responsible for those weaknesses. **That is why I have organized and written this book on "How to make Bamar Snacks".**

Ohnmar Shiri
Domestic Group Publishing House