

The Flavours of Vietnam

Meera Freeman, Le Van Nhan
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MEERA FREEMAN THE FLAVOURS OF VIETNAM



With Lê Văn Nhân

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Meera Freeman, Le Van Nhan : The Flavours of Vietnam before purchasing it in order to gage whether or not it would be worth my time, and all praised The Flavours of Vietnam:

0 of 0 people found the following review helpful. One of the bestBy PeggyWe adore Vietnamese food. Freeman's collection is great. It covers a wide variety of Vietnamese cuisine, while remaining accessible to cooks who have to shop in the West.

Regional Vietnamese cuisine is more popular than ever --a perfect balance of simplicity and complexity, sophistication and earthiness, with Chinese, French and traditional influences. With a Vietnamese restaurateur, the author offers 100+ authentic Vietnamese recipes, including Crab and Asparagus Soup, and Clay Pot Fish with Caramel. With a guide to ingredients (and Vietnamese translations), menu suggestions, the history of each dish and local food proverbs.

About the Author Meera Freeman has owned a cooking school for 14 years and leads cultural and gastronomic tours to Morocco. The author of *Cooking Class*, her culinary work is well-reviewed.