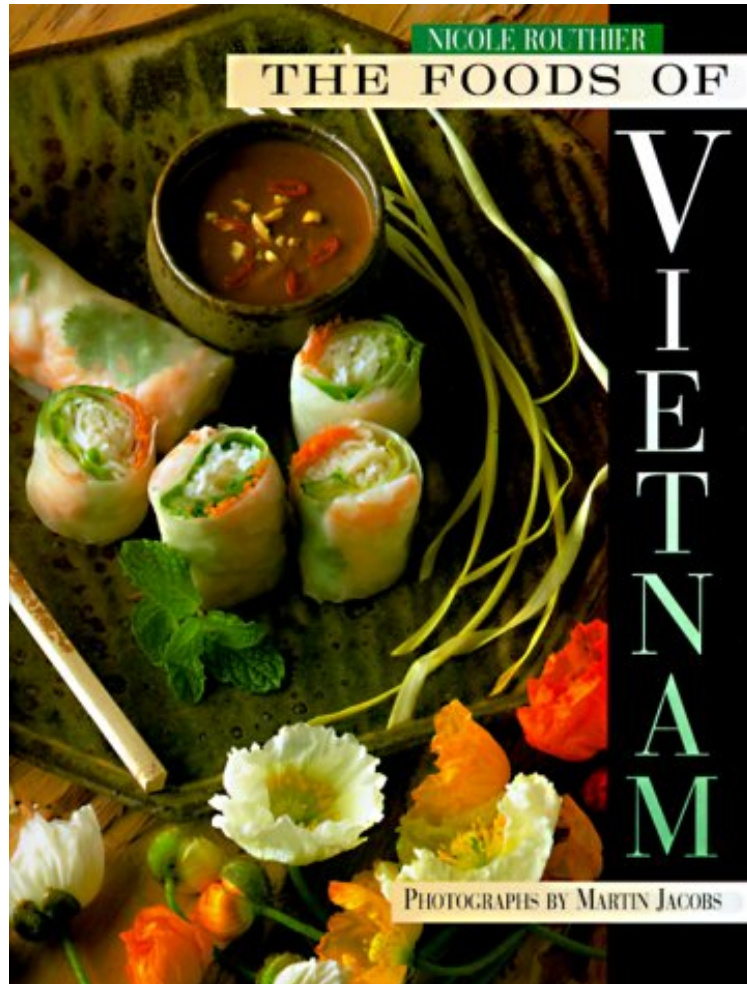


The Foods of Vietnam

Nicole Routhier

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#1017838 in Books Stewart, Tabori and Chang 1989-08-15 Ingredients: Example Ingredients Original language: English PDF # 1 11.25 x .88 x 8.88l, #File Name: 1556700954240 pages | File size: 64.Mb

Nicole Routhier : The Foods of Vietnam before purchasing it in order to gage whether or not it would be worth my time, and all praised The Foods of Vietnam:

4 of 4 people found the following review helpful. Patience, and you will be rewarded, too. By [_\(?\)_/](#); This is a terrific cookbook. The photos are mouth watering, and they don't disappoint. All the recipes I've tried have been restaurant-quality delicious. If you have not cooked Vietnamese food before, be prepared to go shopping for lots of ingredients. It is not uncommon to spot recipes sporting 15 ingredients or more, and you will also need to make the accompanying sauces. Depending on where you live, those ingredients may not be available in your local grocery store. You may find yourself searching for things like Chinese sausage (lap xuong), oxtails or lemon grass. The recipes are easy to follow, albeit time consuming. I don't have time to be cooking like that every day. For shorter, easier meals, I prefer The Vietnamese Cookbook by Diana My Tran. However, for those special occasions when I'm willing to

knock myself out, this cookbook will do the trick. Patience, and I am rewarded. 0 of 0 people found the following review helpful. Excellent cookbook By Lovetocook I love this easy, authentic, and simple Vietnamese cookbook. I have made several dishes from this cookbook for years from a few recipes that I copied from the library a long time ago, and I'm so happy to own a copy now! I've made Banh Trung (New Year Cake) for the last 10 years now from a recipe in this cookbook, and it comes out perfectly every year! Also the Banh Cuon is excellent! As a matter of fact, I'm buying another copy for my daughter. 0 of 0 people found the following review helpful. Beautiful color photos By OnlineShopaholic Of all the Vietnamese cookbooks, this book has the most beautiful photos of the food. I often flip through this book to look at the photos for inspiration because other Vietnamese cookbooks that I own do not have as many photos or such great photos. The author is careful in her recipe writing and explanations. I love the tip she provides about putting a little sugar in the water before dipping rice paper in it to soften the rice paper; the lightly sugared water helps to turn the rice paper into a nice and even golden color when you deep fry it [i.e. for recipes such as "cha gio" (fried imperial rolls/fried spring rolls)]. As far as I can tell, this author is the only one suggesting this great tip. This book is the only book I own that has a recipe for "banh bot loc" (boiled tapioca lumps with shrimp pork filling). Of course, you can also wrap them in banana leaves and steam, rather than boil, them. I mainly use this book to look at the beautiful color photos, and that's why it's getting such a high rating from me.

More than 150 recipes from the various regions of Vietnam, ranging from simple family dishes to elaborate banquets. There are sections on ingredients, the cuisine's history and ordering a meal in a Vietnamese restaurant. The author's recipes have been featured in The New York Times.

From Publishers Weekly With the large migration of Vietnamese to the United States in the late 1970s came an array of food and cooking techniques unfamiliar to most of us. New York City chef and teacher Routhier, born in Saigon to a Vietnamese mother and a French father, captures the simple elegance of a cuisine influenced strongly by China, Thailand and Vietnam's former French rulers. Her recipes evoke meals that could have been eaten at home by typical Vietnamese families or prepared in prewar Saigon restaurants, along with dishes that Americans might encounter in their neighborhood Vietnamese restaurants. The more than 150 recipes range from plain (rice and chicken casserole, stuffed cabbage rolls) to fancy (dilled squid cakes, fried, stuffed bananas). An extensive glossary and a list of mail-order suppliers of hard-to-find Vietnamese and Asian condiments are included. Routhier and Jacobs, a New York City commercial photographer, have created a gastronomical and visual delight. Copyright 1989 Reed Business Information, Inc. About the Author NICOLE ROUTHIER is an acclaimed writer, cooking teacher, and restaurant consultant. Among her cookbooks are Nicole Routhier's Fruit Cookbook, a James Beard award nominee, and Cooking Under Wraps, a winner of the International Association of Culinary Professionals Award. She lives in Houston. MARTIN JACOBS is a food and still-life photographer based in New York City. He has worked all over the world photographing the cuisines of many countries and has shot numerous cookbooks and advertisements. Excerpt. copy; Reprinted by permission. All rights reserved. Stir-Fried Rice Noodles with Beef and Vegetables. Yield: 4 to 6 servings. Pho Xao Fresh rice noodles are used for this dish, but 1 pound of dried rice sticks (banh pho) may be substituted. Toss the noodles with some oil just after boiling to prevent sticking, and then stir-fry as directed in the recipe. Ideally, to sear both the noodles and the beef, a heavy cast-iron skillet should be used. Cast iron sears extremely well when hot, but it has to be smoking hot before the food is added. Be sure the ventilation fan is on. Bok choy may be replaced by Chinese broccoli, cut into 2-inch sections, or simply used fresh spinach. Ingredients: 1 recipe rice-noodle crepes (banh uot, page 224), or 2 pounds commercial fresh flat rice noodle sheets Nuoc Cham (page 212) 8 ounces beef chuck or rump roast 1 tablespoon plus 2 teaspoons nuoc mam (Vietnamese fish sauce) 1/4 teaspoon sugar Freshly ground black pepper 1 medium onion, cut into eighths and separated into segments 4 large bok choy leaves, cut into 2 by 1-inch strips 4 ounces snow peas, trimmed 1 medium tomato cut into 8 wedges 2 scallions, trimmed and cut into 2-inch sections 1 tablespoon soy sauce 3 tablespoons oyster sauce 5 tablespoons peanut oil 8 garlic cloves, minced (about 2 tablespoons) Fresh coriander sprigs, for garnish Fresh red chile peppers, thinly sliced If preparing your own fresh rice-noodle sheets, proceed as instructed. Cut the sheets into 3/4 inch-wide strips. Set aside. Prepare the Nuoc Cham. Set aside. Slice the beef across the grain as thin as possible. Cut the slices into 2-by-1 inch strips. Combine the beef with 2 teaspoons of the fish sauce, the sugar and pepper to taste. Set aside. Arrange the vegetables on a large platter to facilitate stir-frying. Combine the remaining 1 tablespoon fish sauce, the soy sauce and the oyster sauce in a small bowl. Set aside. Heat a wok or large cast-iron skillet over high heat until smoking hot. Add 2 tablespoons of the peanut oil and half of the garlic; stir-fry until fragrant. Add the noodles and toss quickly until heated through, about 1 minute. Transfer the noodles to a large platter, keep warm. In the following step it is very important that while sauteing the beef the heat be kept very high. Tilt the wok frequently into the area of highest heat to "flamb," or sear, the meat instantly, the smother the beef, the better. If using an electric stove, turn the burner to the highest setting and saute the beef in two batches. Heat 1 tablespoon of the oil. When the oil is smoking, add the remaining garlic and stir-fry until aromatic. Add the beef and stir-fry for 30 seconds, until the beef is slightly pink. Remove the beef to a platter. Heat the remaining 2 tablespoons oil. Add onion and stir-fry until translucent and fragrant. Add the bok choy and snow peas

and toss until tender but still crisp, about 2 minutes. Add the tomato, scallions and sauce mixture; toss well. Return the beef and noodles to the wok. Stir to combine and coat the noodles and meat with the sauce. Transfer to a heated platter. Garnish with coriander sprigs. Sprinkle with freshly ground black pepper. Serve, passing Nuoc Cham and chiles. Note: If you are fortunate enough to find Chinese chive buds, cut them into 2-inch lengths, then add to the stir-fry for more authenticity.