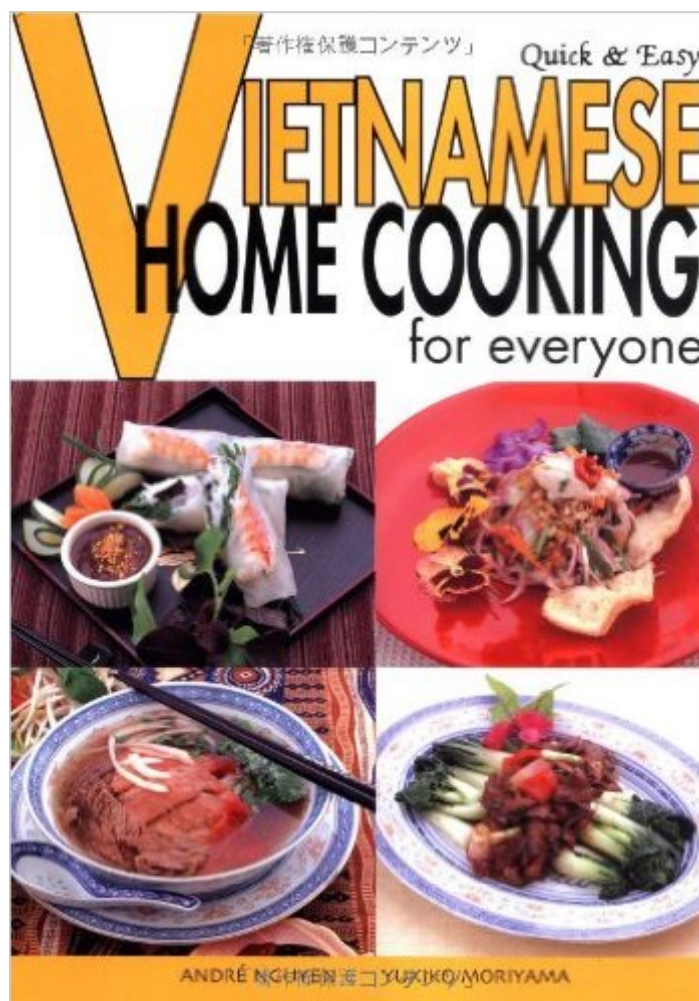


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Quick & Easy Vietnamese: Home Cooking For Everyone (Quick & Easy Cookbooks Series)



Synopsis

INTRODUCTION Vietnam is a country of natural beauty with a coastline of sandy beaches stretching about 2000 miles (3225 km) from the northern to the southern tip of the South China Sea. Along the coast, fishing is the main livelihood. The majority of Vietnamese people are Kinh race people (87%) with the remaining of 53 different ethnic minority groups. For more than 2000 years, the country has been subjected to a near continuing series of foreign occupations from China, France, Japan, and America. One consequence of these occupations is the lasting influence on Vietnamese cuisine. Among Vietnamese dishes, perhaps the best known in the West is Pho, a noodle soup. Another is the deep-fried spring roll called Nern in the north, and Cha Goi in the south. Rice is a staple food used as a side dish, or a main dish when combined with other ingredients, such as beef, pork, chicken, or seafood. Vietnamese dishes consist of many different blends of herbs and spices. Most dishes are not fiery hot, nor greasy. Seafood and vegetarian dishes like An Chay are very popular. Today, Vietnamese cuisine is gaining increased international attention due to the fact that it is quite healthy. This book is an introduction to a new generation for a delicious journey through Vietnamese cuisine. While the combination of flavors may seem experimental to some, they will result in a savory experience. All ingredients used in these recipes can be found in supermarkets, natural food stores or in Asian food markets. It is our pleasure to share these quick and delicious Vietnamese recipes with you. Enjoy the good nutrition that comes with it.

Book Information

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Customer Reviews

Most of these recipes are one page each, with a main picture, an ingredient list, and four small pictures chronicling the four "simple" steps on each page. This layout works well with a truly simple dish like Fresh Spring Rolls (Goi Cuon). They work not so well for more complicated dishes. For Tomato and Crab Noodles (Bun Rieu), the last (fourth) step instructs: "Pour meat mixture into boiling stock. Season stock with fish sauce and sugar. Add tomato. In a large bowl, place noodles and pour over soup." OK, how long is the meat mixture in stock supposed to be cooked at boiling? Should the heat be turned down at some point to cook the mixture (because it can quickly get overly dry)? What about the tomatoes? Is this a simple blanching to peel off the tomato skin? Or should the tomatoes be cooked until they're softened? A few of the meat dishes require marinating but too many leave out the length of marinade time. In short, for the sake of keeping the recipes seemingly simple, the instructions leave out too many critical details. I appreciate the ingredients page with pictures at the beginning, but it is by no means comprehensive. And I wish that if the recipe called for unusual ingredients like Vietnamese soy sauce (which I can't find in NYC's Chinatown) then it would suggest substitutes. I also agree with some of the previous reviewers who said some of these recipes are too salty, almost inedibly so. Despite all these criticisms, I still give this a cookbook 4 stars because if you have some experience with cooking, and if you have eaten enough homemade Vietnamese food, you can recreate your favorite dishes relatively easily and reliably.

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