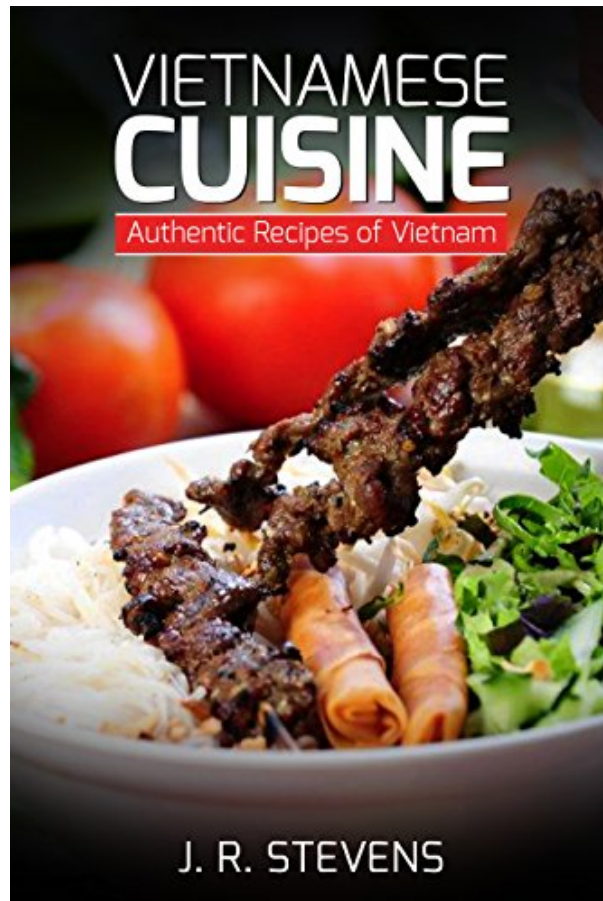
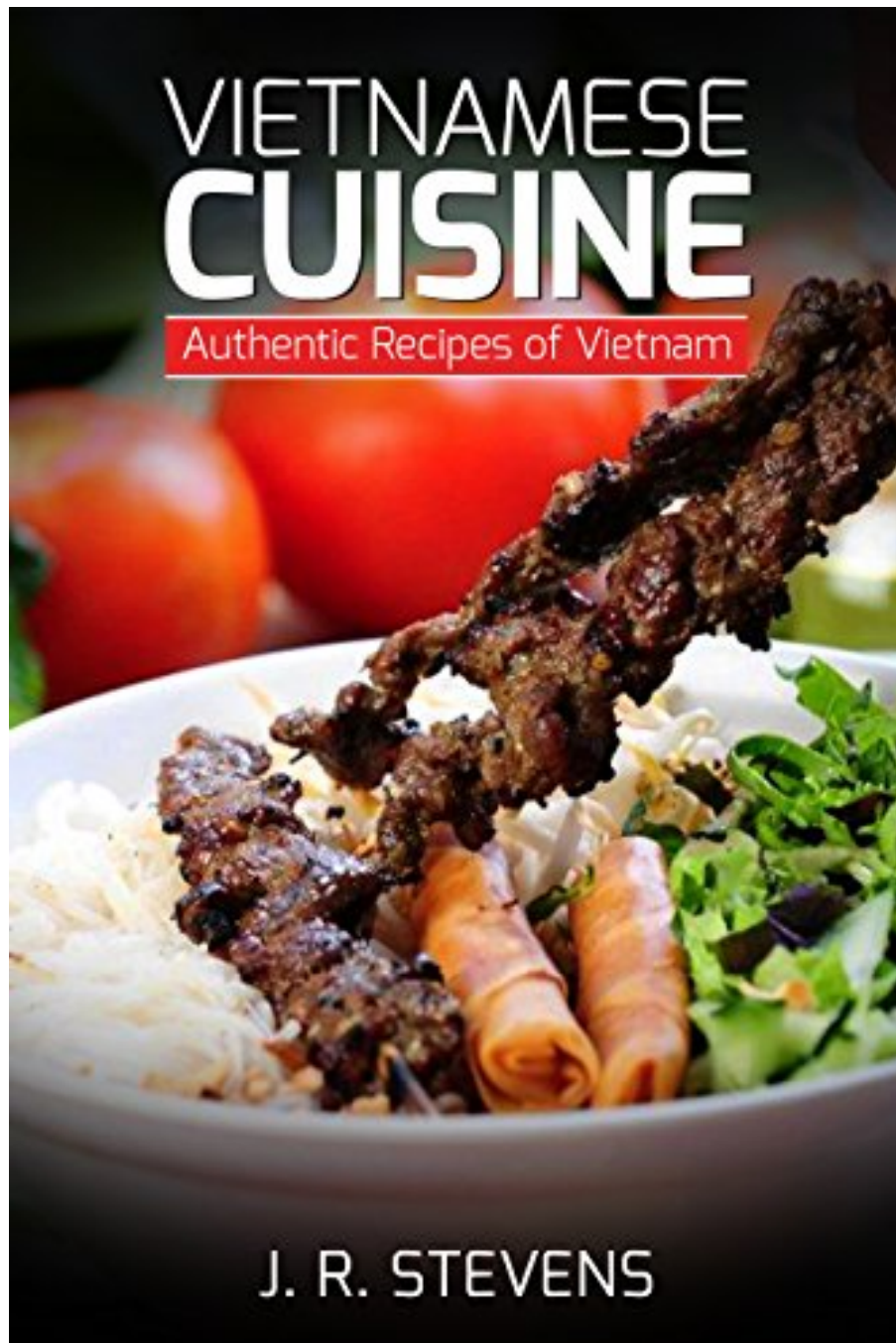


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VIETNAMESE CUISINE: AUTHENTIC RECIPES OF VIETNAM

BY J. R. STEVENS PDF

Vietnamese Cooking the True Healthy Cuisine of Asia

Famous for fresh flavors, lively and artfully composed meals, Vietnamese cooking is a true "healthy cuisine" of Asia. Abundant fresh herbs and greens, delicate soups and stir-fries, and well-seasoned grilled dishes served with rice or noodles are the mainstays of the Vietnamese table. Lots of fish and tofu meals. Even beloved desserts.

Along with its delicate freshness, Vietnamese cooking is also subtle and sophisticated. At its best when its flavors are balanced between salty, sweet, sour and hot, Vietnamese cooks strive for a balance of flavors so no one taste outranks any other.

Vietnamese Cuisine features over 40 recipes, from soups and stir-fries to well-seasoned grilled foods served with rice or noodles. Each is packed with fresh herbs and spices. This is a great addition to your cookbook library.

Easy Vietnamese recipes include:

- Hollow Donuts
- Crab Soup
- Smoked Duck Sandwiches
- Garlic Lime Beef
- Pork & Pate Sandwiches
- Creamy Tofu Broccoli Curry
- Pork Stuffed Squid
- Red Bean Coconut Pudding
- Steamed Banana Rice Cakes
- Sesame Fried Rice Balls

Today's cooks will find preparing a Vietnamese meal rewarding and relatively easy. And with the widespread popularity of Asian foods, locating ingredients is not a challenge—most supermarkets now carry such basics as fresh ginger, lemongrass and chilies. Making delicious Vietnamese food at home has never been easier!

- Sales Rank: #409675 in eBooks
- Published on: 2015-12-30
- Released on: 2015-12-30
- Format: Kindle eBook

Most helpful customer reviews

3 of 3 people found the following review helpful.

Good introduction to Vietnamese cooking

By Windmere

I don't come across too many Vietnamese cookbooks, so I was pretty happy when I came across this one. This book is pretty well rounded in that there are a lot of recipes (I counted about 49). The categories are Breakfast, Lunch, Dinner and Desserts. I've been looking for a good recipe for Pho Soup, and the one in this cookbook is good. Also for vegetarians, there is a recipe for Vietnamese Cabbage and Tofu Salad that is packed with flavorful ingredients.

I have to admit, there are some ingredients I'm not familiar with. For example the Chinese brown sugar called for in the recipe for Ginger Chicken was new to me. It turns out that it's essentially unrefined sugar that has been caramelized. I am Hispanic and, to me, it sounds like Pilloncillo... also a sort of caramelized brown sugar that often comes cone shaped.

ONE NOTE TO THE EDITOR: When paging through the book, my Kindle gets stuck on Lemongrass Beef with Egg. The only way I can get around that is to slide the page selection bar at the bottom of my screen or to use one of the links in the table of contents. I'm not sure if the problem lies with me, but just a heads up.

In any case, I found this to be a good introduction to Vietnamese cooking. I'll warn you that there really aren't many pictures in this book, so just be aware of that if that's a deal breaker when buying a cookbook. In fairness, I downgraded my review to four stars for lack of pictures.

0 of 0 people found the following review helpful.

Vietnamese cuisine, nice and easy cookbook!

By patsy carter

I love the simplicity of this cookbook. If you want a wonderful change of pace where eating is concerned, try this book.

0 of 0 people found the following review helpful.

Five Stars

By Karen B. Tritten

Great selection of recipes!

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