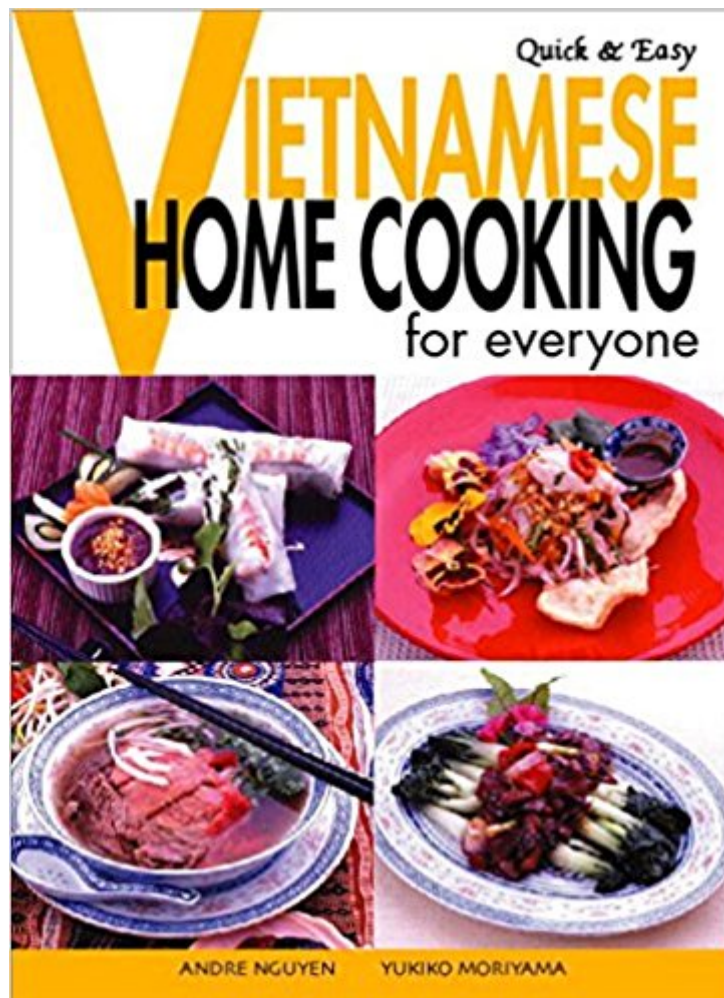




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Quick & Easy Vietnamese: Home Cooking For Everyone (Quick & Easy Cookbooks Series)



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

For more than two thousand years, Vietnam has been subjected to a near continuous series of foreign occupations and that has created a lasting influencing on its cuisine. Today, Vietnamese cooking has gained international attention for its wide variety of healthy and delicious dishes. Most of the recipes are not fiery hot or greasy and are made with many different blends of herbs and spices. Quick & Easy the Vietnamese Home Cooking for Everyone contains recipes for some of the best-known dishes including, Goi Cuon (fresh spring rolls with rice noodles and mint), broiled prawns skewered with stalks of fresh lemongrass, and Chicken Pho (a delicate broth of chicken and noodles seasoned with cinnamon and anise). In all, this book introduces over seventy of the most famous recipes and is loaded with helpful hints. All ingredients used in these recipes can be found in supermarkets, natural food stores and Asian food markets.

Chef Andre Nguyen was born in Saigon, Vietnam. In 1987, he opened Andre's Eurasian Bistro in Bellevue, WA, which has earned many awards and much recognition over the years. Yukiko Moriyama teaches cooking classes in Seattle and is currently a member of the International Association of Cooking Professionals.

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. I appreciate the simple 1-2-3-4 approach as it seems less intimidating than some of the Vietnamese cookbooks I have -- books that are lovely to look at but don't inspire me to try because they seem so laborious. I now cook with this one and occasionally reference the others if there's a missing step here or there in these recipes. Try this book. You just have to experiment with these recipes and you'll soon be able to fill in the gaps that will allow you to cook some very tasty Vietnamese meals.

I have gone through many expensive Vietnamese cook books and have not used a single recipe out of them because they're difficult or "it's not the way my mom made it." This book show pictures of the ingredients so you know what to look for in an Asian store and pictures of the end product. If I don't know the name of a dish I can look at the picture and recognize it. I tried learning from my mom but as everyone knows most women from Vietnam don't measure, it's a little of this and some of that. So some of the time my recipes are just right and other times they weren't. My mom would try to explain what a certain ingredient was but would not know the English name for it. This book explains it all. Very easy to follow recipes and they turn out just like "the way my mom made it."

okay cookbook

I bought this as a Christmas gift for my wife. She loves it. The pictures are great. The recipes are yummy. She has already made 2 dishes and its only 2 days after Christmas. Highly recommended. My wife was born in Vietnam and moved to the US when she was 5 yrs old. We go out for Vietnamese restaurants almost every week. This book has added to her Vietnamese cooking repertoire. Now we can have authentic Vietnamese cooking at home as often as we like. She said the book has an index that explains what ingredients look like and tell you exactly what you need. You should definitely buy it.

Update May, 2006: Watch out for the salt content on some of the recipes for chicken that also has a cooking sauce, such as Chicken with Mushrooms and Lemon Grass Chicken. I recommend 1/2 teaspoon salt for 10 oz of meat or 1 teaspoon per pound of meat; you can always add more but you can't remove them once they're in. Original review: This is a nice cookbook with no personal or cultural anecdotes, just simple recipes with practical ingredients and very good results. The recipes are laid out one per page, with photographs of the dish, the ingredients and preparation. With so much photos, the instructions are necessarily streamlined, which works for many of the recipes

except for a few, like beef pho. Telling one to combine all the ingredients in boiling stock and cook over low heat just won't do for pho. It assumes you know a thing or two about preparing this soup, like how long to simmer it. I recommend at least an hour or more. There is a wonderful recipe for chicken simmered in coconut juice and flavored with Maggie sauce, which is essentially Ga Roti in my book. It tastes just like my mom's and no other vietnamese cookbook I've come across have it. In fact, the ingredients the author uses are exactly my mom's, except she would measure in pinches and tads and touches of this and that. Ditto for the caramelized pork and eggs (thit kho & trung). There is also an ingredients list containing color photographs that is handy for shopping. Overall, a good selection of easy, homey, delicious recipes like bun rieu, bun suong (another hard to find recipe), and vietnamese sandwiches. Also, if you like cookbooks that contain more photos of how to prepare the food and optimal (minimal) use of words, this is a good choice.

Nicely done book. Great recipes, easy to follow.

Awesome book, explains in detail, has pictures of what the ingredients are and I would recommend it to all my friends.

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