

Dine *with* Locals

[About](#)

[**Menu**](#)

[Contact](#)

Recipe Book

[Start Page](#) >





Banana Flower Salad (Nộm Hoa Chuối)

a refreshing dish made from thinly sliced banana blossoms mixed with herbs, beef or shrimp, and roasted peanuts, all tossed in a tangy and savory dressing. This vibrant salad is celebrated for its unique textures and harmonious blend of flavors, representing a quintessential taste of Vietnamese cuisine.



Instructions



Ingredients

1 banana flower bud
100g beef
½ cup small handful bean shoots
½ cup carrot, julienned
¼ cup cherry tomatoes (optional)
1 cucumber (optional)
1/3 cup coriander, roughly chopped
1/3 cup mint, roughly chopped
1/3 cup basil, roughly chopped
• ½ cup roasted peanuts, chopped
• ½ cup vinegar
• ½ cup salt



Dressing

1 tablespoon Fishsauce
2 tablespoons lime/Kumquat Juice
3 full tablespoons sugar
1 long red chilli, finely chopped
03 garlic cloves finely chopped

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- Pull off any bruised outer petals from the banana flower. Gently remove 4 – 6 old petals outside and set aside for presentation. Slice the remaining flower very thinly, discard any of the banana shoots between the petals.
- Roll the petals and slice very thin (~ 1/8 – 1/10 inch).
- Soak the sliced banana flower for 10 - 15 minutes in water that has had the vinegar and salt. This allows the banana flower to soften slightly without discoloring.
- While the banana flower is soaking, boil the thinly sliced beef in 2-3 minutes. Let it rest in a bowl when finished.
- Julienne the carrots, finely mince the garlic and chili, and chop the herbs.
- Wash drain the sliced banana flower petals
- Place the banana flower slices in a large bowl with beef, bean shoots, and julienned carrot.
- Add the 1 fish sauce - 2 lime/kumquat juice - 3 sugar dressing and mix gently in 2-3 minutes.
- Add to the mixing bowl the garlic, chilli, beef, all the herbs and peanuts and gently mix them together, evenly distributing the ingredients and dressing.
- Place salad into the reserved banana flower petals and sprinkle with the extra peanuts.





Green Papaya Salad

(Salad Ớt Đủ Xanh Bò Khô)

Originating from South-East Asia, papaya salad is a dish prepared from unripe papaya. It usually features other vegetables like carrots, cucumber, and fresh herbs and comes with a dressing made with lime, fish sauce, and sugar. The result is a fresh, slightly crunchy salad with a sweet, salty, and sour dressing!



Instructions



Ingredients

01 tablespoon fish sauce
02 tablespoons fresh lime & kumquat juice
03 tablespoons sugar (full spoon)
1 tablespoon salt
1 tablespoon rice vinegar
02 chilies
01 tablespoon clove garlic
01 green papaya
01 carrot
1 ½ tablespoons salt
01 tablespoon sugar
½ cup Thai basil
½ cup coriander
½ cup mint
½ cup Asian-style beef jerky, shredded by hand
½ cup roasted peanut
½ cup cherry tomatoes (optional)

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- Peel papaya and carrot and trim ends. Halve papaya and carrot lengthwise.
- With the papaya, use a spoon to scoop out the seeds and the thin white layer lining the cavity.
- Use a Japanese mandolin fitted with the julienne blade cut the papaya and carrot into $\frac{1}{8}$ " thick strips. Transfer papaya and carrot to a colander, pour in water and sprinkle with the salt and vinegar.
- Let sit until soft pliant, 15-20 minutes.
- Rinse papaya and carrot under cold water and drain. Working in batches, transfer papaya to a tea towel and wring out excess moisture (optional).
- Place papaya in a large bowl and toss to separate the strips. Add dressing (1 fish sauce – 2 lime/kumquat juice – 3 sugar)
- Mix in the dressing until sugar completely dissolve.
- Finely minced the garlic and chilli
- Add garlic, chilli, long with the basil, corriander, and mint, then mix again in about 1 minute.
- Serve topped with the shredded beef jerky and roasted peanut.





Mango Salad with Seafood

(Salad Xoài Hải Sản)

Vietnamese mango salad is a vibrant dish featuring green mangoes, shrimp, and is highlighted with fresh herbs like mint, thai basil and cilantro. It's a mouth-watering combination of sweet, sour, salty with lots of contrasts in texture.



Instructions



Ingredients

02 green mangoes
5 ounces (~150g) prawn
5 ounces (~150g) squid
01 carrot
½ cup bean sprouts, ½ cup cherry tomatoes (optional)
½ cup roasted peanut
01 chili stemmed, deseeded, and minced
01 clove garlic, minced
2 ounces (~50 grams) Laksa leaves/ Vietnamese coriander
03 tablespoons sugar
02 tablespoons lime/kumquat juice
01 tablespoon fish sauce/ soya sauce

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- Quickly boil prawns in 2-3 minutes until they turn pink, remove the shell and head, split the shrimp into two.
- Boil squid then thinly slice. Or thinly slice the tofu and deep fry
- Peel off the skin of the mango and carrot
- Julienne the mango and carrot
- Mix mango, carrot, bean sprouts, and cherry tomatoes together in a big bowl.
- **Make salad dressing:** Put fish sauce/soya sauce and sugar on the heat, then add garlic, chili and lime juice. Mix it well. Baste this sauce on the top of mango mixture. Let it absorb the sauce in 10 mins.
- Finely chop the coriander and mix with the salad
- Add shrimps, squid or fried tofu to the salad and mix quickly to finish.
- Garnish peanut on top and enjoy.





Kohlrabi Salad With Pig Ear

(Nộm Su Hào Tai Lợn)

A crunchy dish combining thinly sliced kohlrabi and tender pig ear, marinated in a tangy, savory dressing. Enhanced with fresh herbs, peanuts, and a hint of chili, this salad offers a delightful mix of textures and flavors typical of Vietnamese cuisine.



Instructions

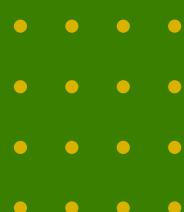


Ingredients

01 medium-size kohlrabi
01 carrot
01 pig ear
½ cup roasted peanuts, smoothly grinded
02 tablespoons lime/kumquat juice or rice vinegar
03 tablespoons sugar
01 tablespoon fish sauce/ salt
1 chili washed, minced
3 garlic cloves, minced
02 ounces (~50 grams) coriander deseeded washes and drained. 1/2 cup salt & ½ cup vinegar



- Wash pig ear with salt and vinegar for deodorization in 3 minutes. Wash again then boil it until it is well-cooked (10 – 15 minutes). Take out and dip in water with some ices to make sure pig ear white and crunchy. Drain then put into fridge in 30 minutes. Thinly slice later.
- Peel and wash kohlrabi and carrots. Thinly slice those along their body, then continuing slice into smaller ones. Place them in a bowl of salt for about 3-5 minutes to make them softer, and then squeeze until dry. Pour them into fresh water again then drain.
- **Make the dressing:** Add fish sauce, sugar, lime/kumquat juice in a small bowl and stir around until dissolved. Take ½ amount of dressing pour with pig ear in 10 minutes for dissolved.
- Pour the remaining ½ dressing into the mixture of kohlrabi and carrot. Test the taste first. Finish by adding peanuts and coriander on the top of the dish. Enjoy.





Cabbage Salad with Oil

(Nộm Bắp Cải Dầu Giấm)

A dish made with shredded cabbage, herbs like mint and cilantro, and often mixed with chicken or shrimp. It's dressed with a tangy, sweet, and savory fish sauce vinaigrette, topped with crunchy peanuts.



Instructions



Ingredients

01 medium-size kohlrabi
01 carrot
01 pig ear
1/2 cup roasted peanuts, smoothly grinded
02 tablespoons lime/kumquat juice or rice vinegar
03 tablespoons sugar
01 tablespoon fish sauce/ salt
1 chili washed, minced
3 garlic cloves, minced
02 ounces (~50 grams) coriander deseeded washes and drained. 1/2 cup salt & 1/2 cup vinegar



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- Wash pig ear with salt and vinegar for deodorization in 3 minutes. Wash again then boil it until it is well-cooked (10 – 15 minutes). Take out and dip in water with some ices to make sure pig ear white and crunchy. Drain then put into fridge in 30 minutes. Thinly slice later.
- Peel and wash kohlrabi and carrots. Thinly slice those along their body, then continuing slice into smaller ones. Place them in a bowl of salt for about 3-5 minutes to make them softer, and then squeeze until dry. Pour them into fresh water again then drain.
- **Make the dressing:** Add fish sauce, sugar, lime/kumquat juice in a small bowl and stir around until dissolved. Take 1/2 amount of dressing pour with pig ear in 10 minutes for dissolved.
- Pour the remaining 1/2 dressing into the mixture of kohlrabi and carrot. Test the taste first. Finish by adding peanuts and coriander on the top of the dish. Enjoy.





Traditional Rice Noodle Soup with Beef (Phở Bò Hoặc Phở Gà)

Pho has made its way into the hearts of many people all around the world thanks to its rich and complex flavor profile. A steaming bowl of pho has rice noodles immersed in flavorful broth, accompanied by tender slices of beef or chicken, fresh herbs, bean sprouts, and lime. The harmony of aromatic spices makes each spoonful of pho an explosion of taste.



Instructions

Ingredients

7 ounces (~200 grams) beef fillet or chicken

1 pound rice noodle

2 ounces (~50 grams) Spring onion
2 ounces (~50 grams) onion

2 ounces (~50 grams) bean sprouts

2 ounces (~50 grams) coriander

2 ounces (~50 grams) Chinese coriander/
saw leaves (optional)

Flavor:

4 Onions (~1lb)

1 Ginger root (~2oz)

6-8 Shallots (~4oz)

1 pound (~500 grams) beefbone or
chickenbone

Smell:

1 tablespoon Coriander seed

1 Cinnamon stick

2 Black Cardamoms

½ cup star anise

Seasonings:

3-4 tablespoons salt

1 cup fish sauce

0.8 gallon (~2.5 litre) Water



- Bring the beef/chicken bones to boil in about 1 litre of water to get rid of all the bad smell and dirt.
- Grill the beef bones, next wash quickly and drain (optional)
- Grill the shallot, ginger, onions. Toast the anise, cinnamon, cardamom, and coriander seed.
- Dried toast them with no seasing and oil in about 1 minutes (until the coriander seeds turn to darker color).
- Wrap the cinnamon, cardamoms, coriander seeds, and anises in a cloth and tight to make it like a closed bag.
- Put all the above ingredients to the pot with water then simmer them in 2-4 hours to have stock.
- After 2 hours seasoning with salt and fish sauce
- Cut all the herbs into $\frac{1}{4}$ inche (~1 cm) long pieces
- Slice the beef fillet thinly
- Put $\frac{1}{4}$ rice noodle into each bowl then add herbs to it
- Cook noodles and beef/chicken in the stock quickly then put them back to the bowl
- Pour in the boiling stock. Note: You can put directly sliced beef on the top for medium beef rice noodle or quickly soak sliced beef with hot water then put them on the top for well-done beef rice noodle.
- Serve hot with lemon/kumquat, sliced red chilli and fish sauce.





Vietnamese Grilled Pork with Rice Noodles (Bún Chả)

Bun Cha, the famous caramelised pork meatballs from the stress of Hanoi. Traditional Vietnamese food, made at home! This is an easy Vietnamese recipe that anyone can make that's full of flavour. No need to hunt down obscure ingredients at an Asian store!



Instructions



Ingredients

Grilled Pork

7 ounces (~200 grams) pork belly, thinly sliced

7 ounces minced pork shoulder (choose minced pork with at least 10% fat)

Marinate

2 tablespoons shallot, minced

2 tablespoons garlic, minced

2 tablespoons lemongrass, minced

2 tablespoons spring onion, minced

2 tablespoons honey

2 tablespoons fish sauce

2 tablespoon oyster sauce

2 tablespoons coconut cream

2 tablespoons Vietnamese coconut caramel sauce

2 teaspoon ground pepper

Vegetables

Mint – (rau bạc hà)

Vietnamese perilla – tiá tô

Vietnamese basil – kinh giới

Cucumbers/green papaya, sliced Bean sprouts, julienned carrots, lettuce (optional)



- Marinate the pork belly with half of the minced garlic, shallots, lemongrass, spring onions, oyster sauce, fish sauce, coconut cream and caramel, honey and pepper. Set aside for 10-15 minutes.
- Marinate the minced pork similarly with the other half of the marinade ingredients. Pinch and form the minced pork into 2-inch (5cm) patties. Also let it rest in 10-15 minutes.
- Grill the pork and minced pork patties outdoor on charcoal until both sides are golden brown.

• Making dipping sauce:

- Boil the mixture of water, lime, fish sauce, and sugar. Wait to get cold, add minced garlic and chili.
- Clean all vegetables with water added a little salt in 2 – 3 times. Then, clean again in fresh water.
- To assemble the dish, fill a medium serving bowl half-full with the dipping sauce. Then add some grilled pork, pickles, minced garlic and chili, and black pepper. Serve with a platter of fresh greens and rice vermicelli noodles. To serve, dip a bit of vermicelli and fresh greens into the bowl and eat with the grilled pork and pickles.





Vietnamese Fried Spring Roll (Nem Rán)

Vietnamese Fried Spring Rolls are delicious with crispy exterior and flavorful filling. This dish is a must in any traditional Vietnamese banquets or celebrations. I am sharing the authentic way to make them as well as tips to ensure they turn out golden and crispy.



Instructions

- Combine all ingredients except rice papers and oil in a bowl
- On a cutting board, place a rice paper, and spread a little bit of egg white on it. Put 1.5 tablespoons of the mixture in a sausage-like shape at one end of the rice paper
- Fold sides in, then begin rolling spring roll at the mixture side.
- Seal roll by moistening edge with a little bit more egg white
- Heat oil over medium-high heat
- Fry rolls, turning frequently until cooked through and golden, about 5-7 minutes Drain on paper towels, and serve with Spring Roll Dipping Sauce

Dipping Sauce

Ingredients:

3 tablespoons sugar or honey
2 tablespoons lime/kumquat juice
1 tablespoon fish sauce
6 tablespoons hot water
2 garlic cloves, minced
1/2 fresh chili (2 to 3 inches; preferably red), thinly sliced crosswise
1/4 cucumber or onion, thinly sliced

Instructions:

Combine the fish sauce, lime/ kumquat juice, sugar, and hot water in a small bowl.

Stir until the sugar has completely dissolved.

Add the garlic, chilli, and cucumber/ onion and divide into 5-6 small bowls

Ingredients

20 Spring Rolls

1/2 pound (~200 grams) ground pork

3 ounces (~100 grams) rice vermicelli, soaked in hot water for 15 minutes, drained and chopped

3 egg yolks

3 ounces peeled shrimps, minced

3 ounces Wood Ear mushrooms, minced **3 ounces** Shiitake mushrooms, minced

3 ounces green onion, minced

3 ounces onion, minced

3 ounces finely grated carrot, minced

3 ounces bean sprouts, minced

3 ounces cilantro, minced

20 rice papers

4 cup (~1/2 litre) Cooking oil





Fresh Spring Roll (Nem Cuốn)

Vietnamese Fried Spring Rolls are delicious with crispy exterior and flavorful filling. This dish is a must in any traditional Vietnamese banquets or celebrations. I am sharing the authentic way to make them as well as tips to ensure they turn out golden and crispy.



Instructions

- Put pork belly, shallot and 01 tsp. of salt into water and boil for 10 minutes. Turn off the oven and soak the pork in hot water in 20 minutes. Use a stick to prick in the pork; it's done if there is not any red water leaking out. Cool it and slice thinly into 2mm. Note for substitution: Boiled chicken; stir-fried beef.
- Break egg into small bowl, lightly season with salt and pepper and whisk to combine. Heat a little oil in a non-stick frying pan. Pour in the mixture; spread the egg over the base of the pan and fry in 2 minutes. When the egg is set in hard texture, lightly roll it; remove from the pan and repeat with the remaining egg. Cool the omelets then cut into 3mm wide strips.
- With dry vermicelli: Cook in boiling water for 4-5 minutes. Stir to separate the noodles, then drain and refresh under cold water. Use scissors to cut the vermicelli in a half or one-third.
- Dip the rice-paper wrapper in warm water for 1 second. Do not soak the wrapper as it will become too soft and tear when rolled. Place the wrapper on a flat surface. Wait for 10 seconds, then place the prawns, lettuce, noodles, pineapple, omelet, and coriander in a straightline on the bottom third of the wrapper up over the filling, fold in the sides and then roll up. Set aside, seam-side down, while you prepare the remaining spring rolls.

Dipping Sauce

- Mix Fish sauce, lime juice, sugar with warm water. Add cucumber, carrot, chili and garlic.
- Serve the rolls with the dipping sauce.



Ingredients

200g pork belly
01 egg (optional)
Oil for frying
06 cooked prawns, peeled and cut in half length way
50g rice vermicelli (fresh or dry)
10 rice-paper wrapper
01 bunch of Green lettuce, take the leaves and remove hard rib part.
01 cup of coriander/ basil/ mint (Optional)
1/4 pineapple, thinly sliced (0.2 mm)
Salt, pepper
01 shallot

Dressing

01 tbsp. of fish sauce
02 tbsp. of lime/lemon juice/vinegar
03 tbsp. of sugar
200ml warm water
01 tbsp. of Minced chili, garlic
Thinly sliced carrot, cucumber (Optional)





Vietnamese Fishcake (Chả Cá Truyền Thống)

Vietnamese fish cake is a special dish that has been rising in popularity lately. The fish cakes can make a perfect appetizer as well as an ideal main course, as it is really tasty at any time of the day.



Instructions

- Fillet, wash and cut the fish into small pieces, then put it into the grinder.
- Add more dill, spring onion, salt, pepper and sugar into the grinder. Grind all of those ingredients once more time at lower speed. Make sure that fish meat is soft and crushed. Shape the fishcake by putting the fish meat into a spoon. Make sure the fishcake is not too thick by pushing the fishmeat side into a chopping board.
- Fry fishcakes at very high level of heat or grill them charcoal . Pay attention on the heat to make sure fish cake is well-cooked. Take them out and enjoy.



Ingredients

1 pound (~500 grams) fresh fish
1 tablespoon fish sauce
1 tablespoon oyster sauce
1 teaspoon ground pepper
1 cup spring onions (scallions)
1 cup dill
1 tablespoon shallot





Hanoi Turmeric Fish with Dill (Chả Cá Lã Vọng)

Hanoi's famous fried fish with turmeric and dill. The fried fish comes with rice noodles, peanuts, fresh dill, toasted sesame crackers, and a pungent fermented shrimp dipping sauce.



Ingredients

For the fish:

1.5 pound (~700 grams) Talapia (catfish, carp, basa, cod can be used) **2 tablespoons** fish fauce

2 tablespoons oyster sauce

2 tablespoons minced galangal

2 tablespoons minced turmeric

1 tablespoons minced shallot

1 tablespoon cooking oil

1 teaspoon ground pepper

Accompaniments:

A handful bunch of Spring Onions, cut into 3-inch segments

A handful bunch of Dill, cut into 3-inch segments

1 sweet purple or white onion, cut into wedges, optional Assorted herbs, optional

1 pound fresh rice vermicelli

1 cup Roasted Peanuts, slightly crushed

For dipping shrimp sauce (optional)

2 tablespoons shrimp sauce

1 tablespoon minced pineapple

1 teaspoon minced lemongrass

1 teaspoon minced garlic **1 teaspoon** minced ginger **1 tablespoon** honey

½ tablespoon lime juice



Instructions

- Cut fish into big chunks about 3 inches x 1 inch.
- Put on a pair of gloves or plastic bags to avoid turmeric stains. Peel off the skins of galangal and turmeric. Since galangal is dense and hard, cut galangal into thin slices. Put the shallot, fresh turmeric and galangal in a mortar and pound with a pestle into a smooth paste. Wash mortar and pestle immediately to prevent staining. (I prefer fresh galangal and turmeric to ground but you can also use the ground if fresh ones are not available at your local market. Left over fresh galangal and turmeric can be stored in the freezer for later use).
- Add fish sauce, cooking oil, oyster sauce, pepper and mix well.
- Transfer paste mixture into the fish bowl and toss until each piece of fish is well coated in the paste. Set aside to marinate for about 10-15 minutes.
- In a sauce pan, bring 3 cups of oil on high heat. Once it's hot, deep fry the fish
- Baste until they start to turn slightly brown.

Let start with the sauce:

- Once the dipping sauce is blended well and starts to boil, remove from heat. Add garlic chili sauce for spicy flavor. This Chả Cá Lã Vọng goes well with the shrimp sauce. Fish sauce is another option if shrimp sauce is too advanced for you. Combine all the ingredients and mix well.
- Heat the oil in a frying pan over a medium-high heat. Add the fried fish, spring onion, dill, and sweet onion and quickly stir fry. Place grilled fish, dill, spring onion, and sweet onion on a bed of rice paper, noodle, herbs, and garnish with peanuts. Drizzle your favorite sauce over and enjoy.



Crispy Vietnamese Pancakes (Bánh Xèo)

Vietnamese pancake or bánh xèo (pronounced BAN-sew) is a very popular street food to every Vietnamese. It has a crispy crepe-like layer made of a mix of turmeric powder and rice flour, stuffed with various ingredients, but most common are veggies, mung beans and meat, sometimes seafood or pork.



Ingredients

300 g (1 $\frac{2}{3}$ cups) rice flour
600 ml (2 $\frac{2}{3}$ cups) water
100 ml ($\frac{1}{2}$ cup) coconut cream
50 ml ($\frac{1}{4}$ cup) beer
1 tsp ground turmeric/ turmeric powder
1 spring onion, thinly sliced, plus extra, to serve
Vegetable oil, to cook
1 cup coriander leaves, plus extra, to serve
1 cup shiso leaves, plus extra, to serve
1 cup Vietnamese mint leaves, plus extra, to serve
2 red bird's-eye chilies, thinly sliced, plus extra, to serve
2 carrots, thinly shredded
160g (2 cups) beans sprouts, trimmed
100g minced pork/ sliced pork belly
24 cooked prawns, cleaned, peeled with tails intact



Instructions

- Combine rice flour, coconut cream, turmeric, water and beer. Stir until a smooth batter forms. Cover and set aside to rest for 1 hour.
- Heat a pan with 2 tsps of vegetable oil. Stir-fry minced pork/pork belly with $\frac{1}{2}$ tsp. of salt, ground pepper in 3-4 minutes.
- Heat a non-stick frying pan over medium-high heat. Brush with vegetable oil then add $\frac{1}{2}$ cup batter, swirling pan to form a thin pancake. Cook for 3 minutes or until just cooked through, scatter one half of pancake with one-eighth of the herbs, spring onion, chilies, carrot, bean sprouts, $\frac{1}{2}$ tbsp of pork and 3 prawns. Flip pancake in half to cover filling and cook for a further 30 seconds to warm through, then remove with a spatula.





Grilled Duck

(Vịt Nướng)

This zesty, cool and satisfying dish is worth making on any steamy summer night.



Ingredients

For marinade:

01 duck (2 pound or ~1 kilogram)
20 Vietnamese curry leaves
(optional) 5 Vietnamese curry fruits
(optional)
2 tablespoons honey
1 tablespoon sugar
1 tablespoon fish sauce
1 tablespoon soya sauce
1 tablespoon oyster sauce
1 tablespoon minced garlic
1 tablespoon minced shallot
1 tablespoon ground pepper

For dipping sauce:

1 cup soya sauce
1 cup honey
1/4 cup lime juice/rice vinegar **1**
tablespoon minced garlic
1 tablespoon minced chilli



Instructions

- Wash the duck meat with salt. Rub salt both inside and outside of the duck
- Massage the duck meat in rice vinegar or rice wine in about 2-3 minutes
- Wash again with fresh water and drain the meat with a towel
- Finely chop the Vietnamese curry leaves and fruits, shallot, garlic
- Marinade the duck meat with curry leaves, fruits, shallots, garlic, oyster sauce, soya sauce fish sauce, honey, sugar and ground pepper
- Bring 1 tablespoon of honey, 1 tablespoon of water, and 1 teaspoon of salt to boil and put this mixture inside of the duck
- Grill the duck meat on charcoal. While grilling, keep spreading a thin layer of cooking oil on the meat every 2 minute to keep the skin meat crispy.

Make the dipping sauce:

Bring soya sauce, water, honey/sugar limejuice to boil. Add garlic and chili.

Serve

Chop the duck into smaller pieces and place on the plate
Eat with the dipping sauce and fresh rice noodles or steaming rice.





Vietnamese Braised Fish (Cá Kho Tộ)

Braised fish, or Ca Kho To, is one of the signature dishes of Southern Vietnamese cuisine. This dish is made from fresh fish, usually snakehead fish, basa fish, or carp, which is then simmered with fish sauce, sugar, garlic, chili, and other spices for a long time to allow the flavors to blend evenly



Ingredients

For the fish:

1 kg scaly fish

100g lemongrass

100g sugar cane

100g pork belly

For the braised sauce

20g chopped red onion

10g chopped green spring onion 100g cooking oil

1.2 liter fresh tea/ dried tea

20g broth mix

25g umami seasonings

10g salt

10g sugar

20g fish sauce

4g pepper

1.2 liter water

20g lemon juice

Food coloring liquid



Instructions

- For the food coloring liquid: Heat this mixture of sugar and cooking oil until the color turns into dark yellow. Then add fishsauce and water and simmer those until condense.
- For the braised sauce
- Stir-fry red onion + spring onion +cooking oil to raise the flavor. Then pour all with 1.2 liter fresh tea/ dried tea
- Mix broth mix + umami seasonings +salt+ sugar + fish sauce + pepper +water + lemon juice + coloring liquid to create a braised sauce.
- Put fish + lemongrass + sugar cane +bacon into clay pot then pour food coloring liquid. Simmer them until the fish is well-cooked with the soft fish meat. Baste the braised sauce on the top of the fish.

For the food coloring liquid

Sugar

Cooking Oil

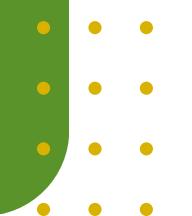
2 tbsp Fish Sauce

50g Water



Grilled Oyster (Hàu Nướng)

Grilled oysters are a great appetizer since they are simple to prepare, delicious, and nutritious.





Ingredients

6-7 pounds (~3 kilograms) Oysters/Clams
1 cup oil or melted butter
4 ounces (~100 grams) Spring onion
4 ounces (~100 grams) coriander
1 cup roasted peanut
4-5 shallots
1 chilli
1 tablespoon fish sauce
1 tablespoon lime juice



Instructions

- Put the oysters/clams rest in fresh water with some slices of chilli and 1 tablespoon of salt so that they can release the dirt inside
- Thinly slice the shallot and spring onion
- Heat a pan, drop in cooking oil, then sir fry the shallot slices until they turn gloden brown
- Add spring onion, coriander, fish sauce and lime juice then keep stir frying quickly in about 30 seconds
- Grill the oysters/clams and pour 1 spoon of the mixture on the oysters/clams Put the oysters/clams out to the plates and sprinkle peanut to enjoy.





Vietnamese Egg Coffee (Café Trứng)

Egg coffee is a Vietnamese nationally acclaimed specialty made of egg yolks, sugar, condensed milk, and robusta coffee. This is a very popular drink in Hanoi, which can also be found in almost every coffee shop in other parts of Vietnam.





Ingredients

04 Eggs
04 tablespoons Sweetened condensed milk
02 teaspoons of Honey
04 tablespoons Vietnamese coffee powder
Boiling water



Instructions

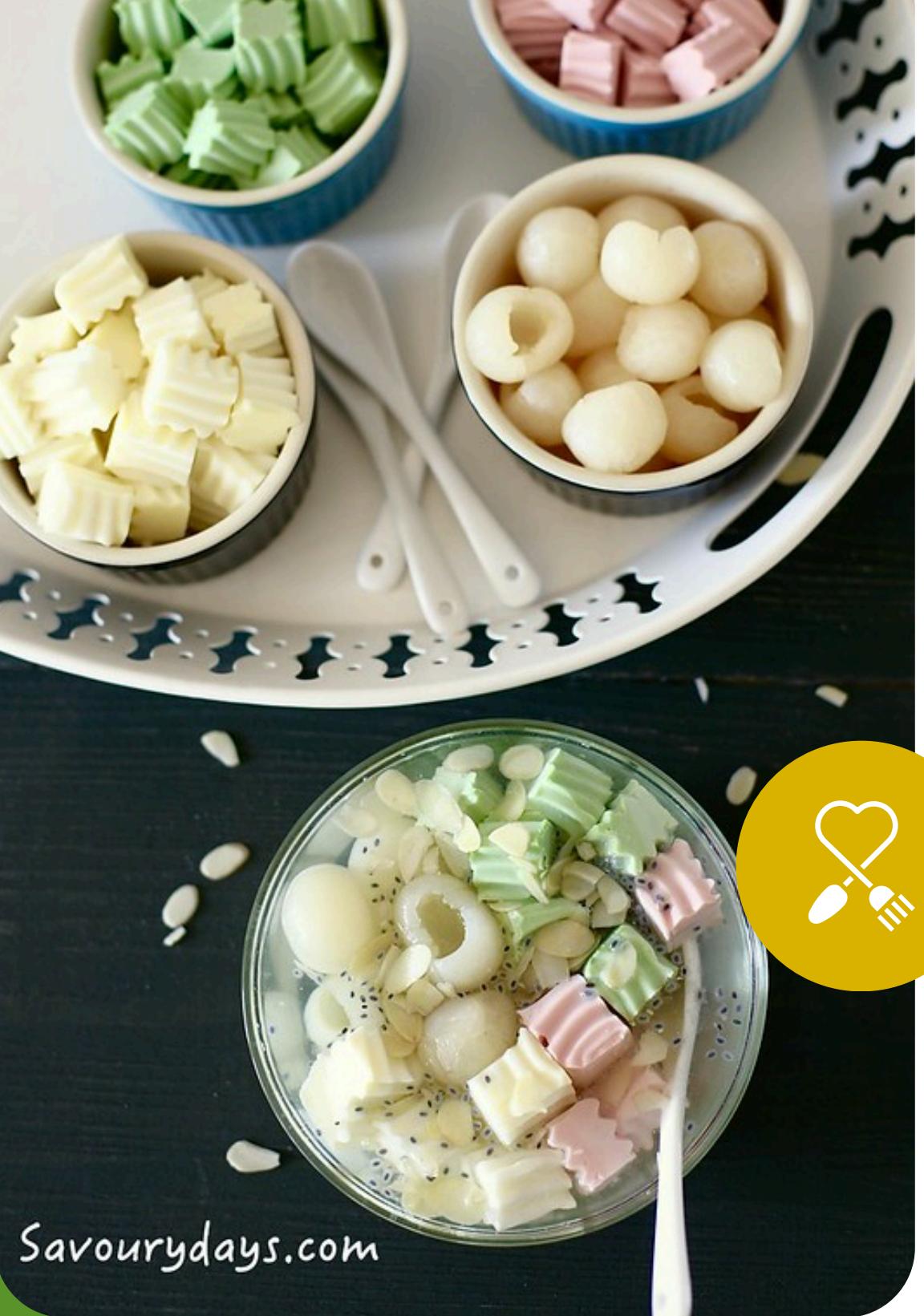
- Brew a small cup of Vietnamese coffee.
- Crack an egg and discard the whites.
- Whisk the egg yolks in a small, deep bowl until the eggs have become thick and stick. Add the sweetened condensed milk and honey then whisk vigorously until the mixture is thick and custard.
- Beat in the condensed milk 1/2 tablespoon at a time (you may want an electric whisk or beater for this) and continue beating for a few minutes until the mixture is thick and custard.
- Pour the black coffee into cups and spoon/pour the egg mixture over the top. Serve.
- If you want to keep it traditional, serve your coffee cup into a bowl of hot water, so the coffee stays hot.





Vietnamese Milk Jelly Dessert (Chè Khúc Bạch)

Khuc Bach sweet gruel is a combination of Italian Panna Cotta with sweet sugar syrup and sweet taste of tropical fruit: longan or lychees





Ingredients

Part 1: Milk Jelly

300ml unsweetened milk

300ml heavy whipping cream (30-40% fat)

60g sugar 30g gelatin

15ml strawberry syrup (to make pink jelly)

2g matcha/cocoa powder + 15ml hot water (to make green/brown jelly)

Part 2: Sweet sauce

01L water/coconut juice

90g sugar

05 Pandan leaves (optional) 50ml coconut cream (optional) Part 3:

Decoration

Lychee or Longan

40g sliced almond



Instructions

- Step 1: Make Milk Jelly (Prepare at least 4 hours before)
- Separate milk and whipping cream into 3 parts: 100ml milk and 100ml cream for each one.
- Make White Jelly: Cook 100ml milk and 100ml cream with 20g sugar in low heat. Put 10g gelatin into the mixture of milk and cream, stir until the gelatin is melted completely. After melting the gelatin in milk and cream, purify the mixture with a filter and pour into a box. Leave in refrigerator in 4 hours.
- Make Green/Brown Jelly: Mix 2g matcha/cocoa powder with hot water. Cook 100ml milk, 100ml cream, sugar and gelatin in the similar way to the White Jelly. Pour matcha/cocoa mixture into milk.
- Make Pink Jelly: Same as the Green one but use strawberry syrup instead of making matcha water.
- Step 2: Make Sweet Sauce:
 - Boil water/coconut juice with sugar.
 - Put coconut cream into the sauce and leave in refrigerator until serving.
- Step 3: Make Jelly Dessert:
 - Take the Jellies out of box. Cut into square pieces (2x2cm).
 - Serve the Jellies and Lychee/Longan in a bowl.
 - Sprinkle almond on top and use with a little ice.



Vietnamese Sweet Potato Dessert (Chè Khoai Lang)

This combination between sweet potato and coconut milk is a good choice for anyone love Vietnamese Sweet Soup





Ingredients

Part 1: Sweet potato balls

02 sweet potatoes

60g (1/2 cup) of tapioca starch 60g

(1/3 cup) sugar

For colors:

Red: 3 tbsps. of red radish juice/

spiny

gourd juice/ 1 tbsp. strawberry

syrup

Green: 3 tbsps. of pandan juice/ 1

tbsp. of matcha

Part 2: Coconut sauce 220ml (1 cup)

of water

4 tbsps. of coconut cream 2 tbsps.

of sugar

Part 3: Decoration Coconut

Roasted sesame



Instructions

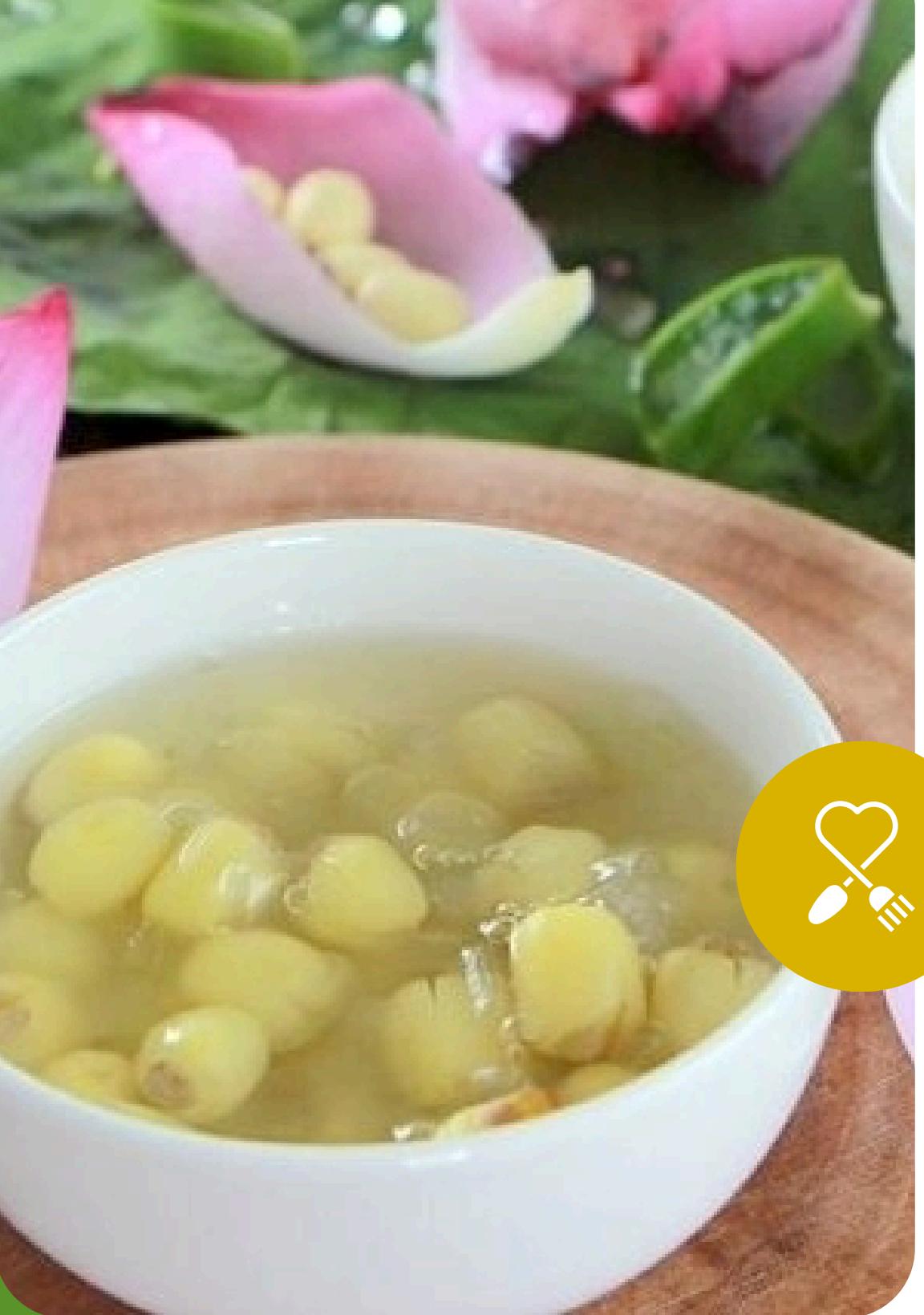
- Step 1: Make Sweet Potatoes balls
- Boil potatoes in 30 minutes until they areable to be mashed.
- Mix mashed potatoes with sugar and 2/3 of tapioca starch.
- Separate the mixture into 3 parts:
- Part 1: with yellow color of the potatoes.
- Part 2: add red raddish juice.
- Part 3: add pandan juice.
- Note: if the mixture with juice is too sticky, add 1 tbsp of tapioca starch.
- Make small potato ball (2/3 inches or 1,5 cm)
- Put the balls into boiling water, cook in 4minutes until these balls float on the face of water. Take potato balls out and put into cool water.
- Step 2: Make Coconut Sauce
- Boil water with sugar.
- Put coconut cream into the sauce and leave in refrigerator until serving.
- Step 3: Serve the Dessert
- Serve the sweet potato balls with sauce, add sesame and coconut.



Green Bean Lotus Seeds Soup

(Chè Hạt Sen Đậu Xanh Nước Cốt Dừa)

A traditional dessert that combines mung beans and lotus seeds in a sweet, fragrant broth. Often enjoyed chilled, this soup offers a delicate balance of textures and flavors, making it a refreshing treat in the warm weather.





Ingredients

100 g Lotus Seeds

300 g Green Bean

100 g Sugar

50 ml Coconut milk

A small tube of vanilla (optional)

Water



Instructions

- Green bean with soaking water to a large bowl in 30 minutes.
- Check each lotus seed and remove the developing sprout from within if any, by prying open the halves with a small knife.
- Bring a small pot of water to boil. While the water is still boiling hot, gently slide in the lotus seeds. Allow the water to return to a boil before setting to low heat and let the seeds sit lid on for 20 - 30 min.
- Then add green beans. Return the contents to a boil before allowing the pot to simmer at low heat with lid on for another 10-20 min.
- Check that the seeds have softened considerably. It should be easily compressed with the back of a spoon but not soft enough to be eaten yet.
- After boiling, add 100g of white sugar to the stirrer then add 1 tube of vanilla and stir the hands once and then turn off the stove. Add coconut milk and stir last one.
- Serve with coconut on the top.



Vietnamese Rice Wine with Mulberries **(Rượu Dâu Tằm)**

A beverage that blends the rich, slightly sweet flavor of fermented glutinous rice with the tartness of fresh mulberries. This unique combination results in a vibrant, aromatic drink often enjoyed during festive occasions and family gatherings in Vietnam.



Instructions



Ingredients

Part 1: For 1L produced Rice Wine
01 kg of sticky rice, wash and soak in water from 6 to 8 hours
25-30g yeast 01L clean water

Part 2: Mulberry Juice

01 kg mulberry, wash with warm water
½ kg sugar
01 teaspoon of salt



- Step 1: Make Rice Wine
- Put soaked sticky rice into a stock pot with 01L of water. Cook with high temperature until the mixture of rice and water boils. Cover the pot with a ventilated lid and lower the heat to minimum level. After 20-30 minutes, stir the rice then cook in about 10 more minutes.
- Prepare a flat tray with small holes, covered with a clean towel. After cooking rice, spread it on the tray to cool (till approximately 30oC)
- Sprinkle yeast powder on the rice and mix with hands. Cover with clean towel and ferment the rice under 28-32oC in 2-4 days.
- When the sweet wine smell arises, transfer the mixture of rice into pots with cool boiled water in 1:1 ratio. Keep in 12-22 days depending on weather.
- After fermenting, distil the rice wine 2 times:
- The 1st distilled wine has high alcohol concentration.
- The 2nd one with concentration of 35-45oC is used to drink. Wine can be distilled once more time to get the lighter one.
- Step 2: Make Mulberry juice
- Boil mulberries in boiled water with salt in about 3 minutes then leave them to dry.
- Spread mulberries in a jar. For each layer of mulberries, spread a layer of sugar. Cover tightly and leave in room temperature from 5-10 days.
- Keep mulberry in refrigerator to use as juice.
- Step 3: Make Mulberry wine
- Mix wine with mulberry juice in 2:1 ratio and keep in cool, airy place.



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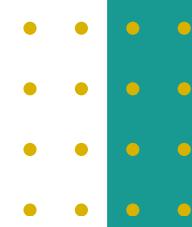


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Vietnamese Vegetarian Cuisines

Vietnamese vegetarian cuisine is renowned for its fresh, vibrant flavors, incorporating a variety of herbs, vegetables, and tofu. Dishes like phở chay (vegetarian pho) and bánh xèo chay (vegetarian crispy pancakes) highlight the use of fragrant broths and aromatic spices, offering a delightful and healthy culinary experience.

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Banana Flower Salad

(Nộm Hoa Chuối)

A refreshing dish made from thinly sliced banana blossoms mixed with herbs, and roasted peanuts, all tossed in a tangy and savory dressing. This vibrant salad is celebrated for its unique textures and harmonious blend of flavors, representing a quintessential taste of Vietnamese cuisine.



Instructions



Ingredients

1 banana flower bud
100g tofu
 $\frac{1}{2}$ cup small handful bean shoots
 $\frac{1}{2}$ cup carrot, julienned
 $\frac{1}{4}$ cup cherry tomatoes (optional)
1 cucumber (optional)
 $\frac{1}{3}$ cup coriander, roughly chopped
 $\frac{1}{3}$ cup mint, roughly chopped
 $\frac{1}{3}$ cup basil, roughly chopped

- $\frac{1}{2}$ cup roasted peanuts, chopped
- $\frac{1}{2}$ cup vinegar
- $\frac{1}{2}$ cup salt



Dressing

1 tablespoon fishsauce
2 tablespoons lime/kumquat juice
3 heaping tablespoons sugar
1 long red chili, finely chopped
03 garlic cloves, finely chopped



- Pull off any bruised outer petals from the banana flower. Gently remove 4 – 6 old petals outside and set aside for presentation. Slice the remaining flower very thinly, discard any of the banana shoots between the petals.
- Roll the petals and slice very thin (~ $\frac{1}{8}$ – $\frac{1}{10}$ inch).
- Soak the sliced banana flower for 10 - 15 minutes in water that has had the vinegar and salt. This allows the banana flower to soften slightly without discoloring.
- While the banana flower is soaking, slice the tofu in thin pieces and fry until crispy.
- Julienne the carrots, finely mince the garlic and chili, and chop the herbs
- Wash drain the sliced banana flower petals
- Place the banana flower slices in a large bowl with tofu, bean shoots, and julienned carrot.
- Add the 1 fish sauce - 2 lime/kumquat juice - 3 sugar dressing and mix gently in 2-3 minutes.
- Add to the mixing bowl the garlic, chilli, tofu, all the herbs and peanuts and gently mix them together, evenly distributing the ingredients and dressing.
- Place salad into the reserved banana flower petals and sprinkle with the extra peanuts.





Green Papaya Salad

(Salad Ɖu Ɖủ Xanh)

This super fresh green papaya salad is packed with raw crunchy veggies, roasted peanuts, and a citrusy lime dressing! It's easy to prepare, refreshing, and plant-based!



Instructions



Ingredients

01 tablespoon fish sauce
02 tablespoons fresh lime & kumquat juice
03 tablespoons sugar (heaping spoon)
1 tablespoon salt
1 tablespoon rice vinegar
02 chili
01 tablespoon clove garlic
01 green papaya
01 carrot
01 $\frac{1}{2}$ tablespoons salt
01 tablespoon sugar
 $\frac{1}{2}$ cup Thai basil
 $\frac{1}{2}$ cup coriander
 $\frac{1}{2}$ cup mint
4 ounces (~100 grams) tofu, thinly sliced $\frac{1}{2}$ cup roasted peanut
 $\frac{1}{2}$ cup cherry tomatoes (optional)



- Peel papaya and carrot and trim ends. Halve papaya and carrot lengthwise.
- With the papaya, use a spoon to scoop out the seeds and the thin white layer lining the cavity.
- Use a Japanese mandolin fitted with the julienne blade cut the papaya and carrot into $\frac{1}{8}$ " thick strips. Transfer papaya and carrot to a colander, pour in water and sprinkle with the salt and vinegar.
- Let sit until soft pliant, 15-20 minutes.
- While the papaya is soaking, slice the tofu in thin pieces and fry until crispy.
- Rinse papaya and carrot under cold water and drain. Working in batches, transfer papaya to a tea towel and wring out excess moisture (optional).
- Place papaya in a large bowl and toss to separate the strips. Add dressing (1 fish sauce – 2 lime/kumquat juice – 3 sugar)
- Mix in the dressing until sugar completely dissolve. Finely minced the garlic and chilli
- Add garlic, chilli, long with the basil, coriander, and mint, then mix again in about 1 mimute.
- Serve topped with the tofu and roasted peanut.



Green Banana, Tofu, And Eggplant Soup

(Canh Chuối Đậu Cà Bung)

Vietnamese Green Banana, Tofu, and Eggplant Soup is a hearty and flavorful dish, combining tender tofu, savory eggplant, and slightly tangy green bananas in a rich, aromatic broth. This traditional soup is a harmonious blend of textures and flavors, often enhanced with herbs and spices for a comforting and nutritious meal.



Instructions



Ingredients

3 green bananas
3 eggplants
½ pound tofu
1 tablespoon minced turmeric
1 tablespoon fish sauce
1 tablespoon oyster sauce
2 tablespoons fermented rice/ rice vinegar
1 tablespoon salt
1 ounce lolot leaf
1 ounce perilla
2 cups water
Cooking oil



- Dice tofu in 1x1x1 inche cubes
- Pour cooking oil in a hot pan, keep the heat on high for 2 minutes to boil the oil
- Deep fry tofu cubes
- Note: Test the oil by putting the the tips of the wooden chopsticks to it. If you see the bubbles coming from them, the oil is hot enough.
- Keep turning the sides of the tofu cube severy 1 minute until all sides get crispy and golden
- Take fried tofu out of the pan.
- Peel green banana, slice green banana and eggplants in small pieces and let them rest in a pot of cold water with 1 tbs of vinegar and 1 tbs of salt for about 10-15 minutes.
- Wash green bananas and eggplants clean.
- Smash turmeric in a mortal, use a spoon to scoop out to the pan.
- Stir fry eggplants and green bananas with cooking oil and fermented rice.
- Keep stir frying for 2 minutes and add water then keep the soup simmering.
- Before taking to serve, add fish sauce and oyster sauce. Stir for 1 more minute and take the soup out to the bowl.
- Garnish minced lolot leaf and perilla on the soup and enjoy!



Tofu With Tomato Sauce (Đậu Sốt Cà Chua)

Tofu with Tomato Sauce is a quick and easy-to-make Vietnamese dish. It is flavorful, saucy, and only requires only a few ingredients.



Instructions



Ingredients

½ pound (~200 grams) fresh tomato, thinly sliced
1 pound (~0.5 kilogram) pieces of tofu
50 grams spring onion, finely chopped
50 grams coriander
50 grams Chinese coriander/saw leaves, finely chopped (optional)
2 tablespoons fish sauce/ soya sauce
1 tablespoon minced shallot
3 tablespoon cooking oils
½ tablespoon sugar
1 cup water



- Fry tofu with medium heat, pay attention to put upside down with yellow color at both sides. Be noticed that tofu should be overcooked a little bit, instead of undercooked. Put fried tofu in a dish.
- Stir-fry shallot with cooking oil, until the color turn to dark yellow and have good smell. Put tomatoes and stir-fry in 2 minutes
- Make a sauce with 1 cup water, sugar, fish sauce and pour into the tomatoes. Lower the heat. Use spoon to grind tomatoes. Mix those ingredients again.
- Put the tofu into a pan and baste the tomato sauce upon the top. Set low heat to make sure the sauce absorb tofu, cook in 5-7 minutes.
- Add spring onion, coriander, and saw leaves to the pan, quickly mix them in 10 seconds.
- Place on a dish and enjoy.





Steamed Eggplants With Ginger Sauce (Cà Tím Hấp Gừng)

Vietnamese vegetarian steamed eggplants with ginger sauce is a delightful dish featuring tender, steamed eggplants drizzled with a zesty ginger sauce. The combination of soft eggplant and the aromatic, slightly spicy sauce creates a flavorful and refreshing experience, perfect for a light meal or side dish.



Instructions



Ingredients

3 eggplants
1 tablespoon honey
 $\frac{1}{2}$ tablespoon fish sauce
3 tablespoons cooking oil
 $\frac{1}{2}$ ginger
1 garlic clove
1 chili
20 grams spring onion, finely minced
20 grams Chinese coriander/ saw leaves, finely minced (optional)
1 tablespoon salt
1 tablespoon vinegar
500 ml water



- Eggplants are washed, slice lightly on their peels, put it in water with salt and vinegar in 15 mins.
- Then take out the eggplants, steam or boil those in 8-10 mins.
- Grind garlic, chili, and ginger together until they are very fine like paste
- Finely chop the spring onion and saw leaves
- Put the garlic-chili-ginger paste with the herbs into a bowl. Add honey, fish sauce, oyster sauce and cooking oil to the bowl. Stir them well
- Heat this mixture bowl into a microwave in 30 seconds (medium heat). Take out the steamed/boiled eggplants and put into a dish.
- Baste the sauce of ginger and fish sauce on the top. Enjoy with rice!





Vegetarian Vietnamese Fried Spring Roll (Nem Rán)

Delicious appetizer featuring a crispy golden exterior filled with a savory mixture of vegetables, mushrooms, and vermicelli noodles. These spring rolls are typically served with a tangy dipping sauce and fresh herbs, offering a delightful blend of textures and flavors.



Instructions



Ingredients

1/2 pound (~200 grams) tofu, smashed
3 ounces (~100 grams) rice vermicelli, soaked in hot water for 15 minutes, drained and chopped
3 egg yolks
3 ounces peeled shrimps, minced (optional)
3 ounces Wood Ear mushrooms, minced
3 ounces Shiitake mushrooms, minced
3 ounces green onion, minced
3 ounces onion, minced
3 ounces finely grated carrot, minced
3 ounces bean sprouts, minced
3 ounces cilantro, minced
20 rice papers
4 cup (~1/2 litre) Cooking oil



Dipping Sauce

- Ingredients:
 - 3 tablespoons sugar or honey
 - 2 tablespoons lime/kumquat juice
 - 1 tablespoon fish sauce/soya sauce
 - 6 tablespoons hot water
 - 2 garlic cloves, minced
 - 1/2 fresh chili (2 to 3 inches; preferably red), thinly sliced crosswise
 - 1/4 cucumber or onion, thinly sliced

Instructions:

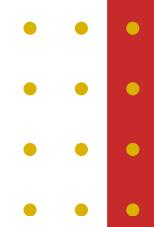
- Combine the fish sauce, lime/kumquat juice, sugar, and hot water in a small bowl.
- Stir until the sugar has completely dissolved.
- Add the garlic, chili, and cucumber/ onion and divide into 5-6 small bowls



Vietnamese Adventurous Cuisines

Vietnamese adventurous cuisines include dishes like balut (fertilized duck egg) and snails, offering bold flavors and unique textures that reflect the country's diverse culinary traditions. Another daring option is rươi, a seasonal dish made from sand worms, highlighting Vietnam's inventive use of local ingredients.

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Boiled Snails With Dipping Sauce (Ốc Luộc)

The dip to use with boiled snails is also very picky and delicate with finely shredded lime leaves, ginger, garlic, fresh chili, sugar along with fish sauce, rice vinegar and an extra spoonful of boiled snail water which makes a spicy, sweet, sour and typical dipping sauce.



Instructions



Ingredients

For the snails

2.5 pound (~1 kilograms) river snails

10 lime leaves

5 fresh lemongrass

1 chili

Dipping Sauce

1 long red chili, finely chopped

3 garlic cloves, finely chopped

1 ginger root

3 garlic cloves

1 fresh lemongrass

1/3 cup fish sauce

2/3 cup lime/kumquat juice

1 cup sugar



Make the dipping sauce:

- Stir the ratio 1 fish sauce : 2 lime/kumquat juice : 3 sugar : 6 hotwater in a bowl
- Add minced ginger, garlic, chili and thinly sliced lemongrass and lime leaves to the bowl. Keep stirring until sugar completely dissolves

Boil the snails:

- Clean the snail with fresh water one more time and put them to a pot with 1 cup of water.
- Turn on the heat to medium-high level then add to the pot fresh lemongrass and lime
- Keep stirring until the snails are fully cooked (3-4 minutes).

Serve:

- Pour dipping sauce to 4 small bowls and place the snails to a big bowl
- Use a needle to take out the snail meat inside the shell and dip it to the sauce.



Fresh Rice Noodles With Fried Tofu And Shrimp Paste

(Bún Đậu Mắm Tôm)

Stinky yet delicious, “Bun dau mam tom” is a controversial dish for many travelers and food lovers visiting Vietnam as the pungent shrimp paste is the key to its ultimate flavor.



Instructions



Ingredients

1 pound (~500 grams) fresh rice
noodles

1 pound fresh tofu

1 pound pork belly or meat from
the pork leg

1 cucumber, thinly sliced

Vietnamese perilla Vietnamese
basil

Mint



Dipping Sauce

1 cup shrimp paste

2 heaping tablespoons sugar

3 tablespoons lime/kumquat juice 1

long red chili, finely chopped

3 garlic cloves, finely chopped

1 tablespoon cooking oil



Make the dipping sauce

- Stir shrimp paste, sugar and cooking oil in a small pot
- Bring the mixture to boil to make sure sugar completely dissolves
Add lime/kumquat, garlic, and chili.

Serve

- Place the tofu, pork, rice noodles, and herbs to a plate. Dip in the shrimp paste and enjoy!



Unhatched Baby Quail Egg With Tamarind Sauce (Cút Lộn Xào Me)

Vietnamese Green Banana, Tofu, and Eggplant Soup is a hearty and flavorful dish, combining tender tofu, savory eggplant, and slightly tangy green bananas in a rich, aromatic broth. This traditional soup is a harmonious blend of textures and flavors, often enhanced with herbs and spices for a comforting and nutritious meal.



Instructions



Ingredients

40 unhatched baby quail eggs
4 ounces (~100 grams) Laksa leaves/ Vietnamese coriander
1 shallot
4 chilies
4oz (~100grams) tamarind
1 cup roasted peanut
1 cup honey/sugar
2 tablespoons fish sauce
1 tablespoon oyster sauce
3 tablespoons cooking oil



- Boil the eggs in 25-30 minutes. Add some drops of salt to boost their flavor (don't peel off the egg shell)
- Finely chop the laksa leaves and shallot
- Peel off the tamarind skin, take out the flesh and soak it in 1 cup of hot water in 10 – 15 minutes. Take out all the seeds and keep the tamarind juice
- Put a pan on high heat, drop in cooking oil, wait 1-2 minutes until the oil is hot Quickly fry the shallots then drop the eggs to stir fry
- Add the tamarind juice, oyster sauce, fish sauce, and honey then keep stir frying in 2 minutes
- Add roasted peanut, quickly mix to finish the dish
- Place the eggs with tamarind sauce to a plate and serve with laksa leaves on top.

Healthy Food



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