

# Vietnam



## Hanoi Bun Bao

### Ingredients:

1-1 1/2 lbs. Beef flank (can use chicken or pork) cut into thin slices and pounded.

Marinate with:

1/2 thumb ginger julienned

3 cloves of garlic

2 tablespoons water

1/2 teaspoon sugar

1/4 teaspoon salt

2 tablespoons vegetable oil

2 tablespoons soy sauce

1/2 lb. Dry roasted peanuts smashed in mortar and pestle

bean sprouts - 1 lb.- blanched in hot water

1/2 head lettuce chopped

herbs - basil, cilantro, mint - 1/2 cut each

### Directions:

2 tablespoons oil in frying pan - add 2 cloves of chopped garlic.

Add beef and fry.

Serve beef and rice noodles, on top put -

herbs

lettuce

bean sprouts

meat

peanuts

fried onions

add Nuoc Mam Cham sauce

# Vietnamese Lemongrass Chicken

## Ingredients:

- 1 3 lb frying chicken
- 1 Pinch White Pepper
- 4 Lemon Grass stalks
- 1/2 Cup Peanuts -- chopped
- 2 Red Chili Peppers
- 2 Tablespoons Fish Sauce
- 3 Scallions
- 1/2 Cup Chicken stock
- 1 Salt and Pepper to taste
- 2 Tablespoon Peanut oil
- 1 Pinch Sugar

## Directions:

Cut the chicken into small servings.

Remove the outer stalks of the lemon grass and finely slice the tender white part at the base.

Smash them with the base of the knife or a mortar and pestle.

Finely slice the scallions.

Seed, core and chop the chilies.

Mix the chicken with the salt, lemon grass, scallions and a little pepper.

Let it sit for about 30 minutes.

Stir fry the chicken mixture in a wok for about 3 minutes, then add the chilies and stir fry for 10 more minutes, or until the chicken no longer looks pink.

Season with sugar and pepper and add the chicken stock.

Chow for a few minutes.

Garnish with the peanuts, nuoc mam and cilantro.

Serve with rice, if desired.

## Chicken with Lemon Grass (Gai Takrai)

### Ingredients:

6 Stalks of lemon grass  
1/4 Cup Nuoc Mam (fish sauce)  
8 Scallions  
1 Teaspoon Sugar  
6 Chicken thighs -- boned/skin'd  
3 Cups Vegetable oil

### Directions:

Remove and discard tough outer stalks of lemon grass.  
With the back of a cleaver, lightly beat the tender inner stalks to release the oils;  
Chop coarsely.  
Coarsely chop scallions.  
Place chicken thighs in a bowl with lemon grass and scallions.  
Add fish sauce and sugar. Mix well.  
Cover and set aside, refrigerated, for at least three hours.  
In a large pot, heat oil and fry chicken until thoroughly cooked, for about 15 minutes.  
Drain, and serve with deep-fried lemon grass and scallions.  
Garnish with peanuts, and pineapple slices.

# Crispy Red Snapper with Spicy Tomato Sauce (Ca Chien)

## Ingredients:

1 Tbsp Vegetable Oil (I Use Peanut Oil)  
2 Cloves Garlic -- Minced  
1 Med Tomato -- Peel, seed, dice  
2 Sm Chiles (Red) -- Minced  
2 Tbsp Sugar  
2 Tbsp Fish Sauce (Nuoc Mam)  
2 Tbsp Water  
2 Tbsp Cilantro -- Chopped  
2 tbs Scallions -- Chopped  
1 Red Snapper -- Cleaned, scaled

## Directions:

In a medium skillet over high heat, heat the oil until hot.  
Reduce the heat to medium-high and add the garlic.  
Cook, stirring, for 30 seconds.  
Add the tomato and chiles and cook for 1 minute.  
Add the sugar, fish sauce and water.  
Simmer, stirring occasionally, until the sauce is thickened (about 3 minutes).  
Remove the sauce from the heat and set aside.  
In a large skillet heat about 1/2 inch of oil.  
Lay the snapper in carefully and cook over moderately high heat, without moving, until very brown and crusty (about 14 minutes).  
Turn the fish and cook the other side (about 10 minutes).  
Drain the snapper on paper towels.  
To serve, put the fish on a platter, pour sauce over it, and using a large fork lift the meat with the skin from the bones.  
Turn the fish over and do the same.  
Serve with steamed rice.

# Vietnamese Spring Rolls (Cha Gio)

## Ingredients:

2 Oz Cellophane Noodles  
1 Lb Ground Lean Pork  
1 Lg Onion  
2 Tbsp Tree Ears Dried Mushroom (Nam Meo)  
3 Cloves Garlic -- f. chopped  
8 Oz Crab Meat  
4 Oz Shrimp -- shelled and chopped  
1/2 Tsp Pepper

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20 Sheets Dried Rice Paper (Banh Trang)  
4 Eggs -- beaten  
2 C Peanut Oil

## Directions:

Soak noodles in warm water for 20 minutes and cut into 1-inch lengths.

Soak Tree Ear in warm water for 30 minutes, drain and finely chop.

Combine the filling ingredients in a bowl and set aside.

Cut a round rice paper sheet into quarters.

Place the cut rice paper on a flat surface.

With a pastry brush, paint beaten egg over the entire surface of the rice paper piece.

Before filling, wait for the egg mixture to take effect, softening the wrappers; this take about 2 minutes.

When you become adept at this, you can work on several wrappers at a time.

When the wrapper looks soft and transparent, place about one teaspoon of filling near the curved side, in the shape of a rectangle.

Fold the side over to enclose the filling and continue to roll.

After filling all the wrappers, pour the oil into a large frying pan, put the spring rolls into the cold oil, turn the heat to moderate, and fry for 20 to 30 minutes until a lovely golden brown.

(This is a special method of keeping spring rolls crisp.)

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**Serving Ideas:** Serve with lettuce, cilantro, mint and nuoc cham

**NOTES:** The Vietnamese spring rolls are much smaller and more crisp than the Chinese version. Unlike the Chinese spring rolls, they can be rolled in the morning, then covered and refrigerated for several hours before cooking. After cooking they will keep nice and crisp in 150-degree oven for up to 3 hours. BTW you can substitute shrimp and crabmeat with more ground pork or chicken if you don't like seafood.