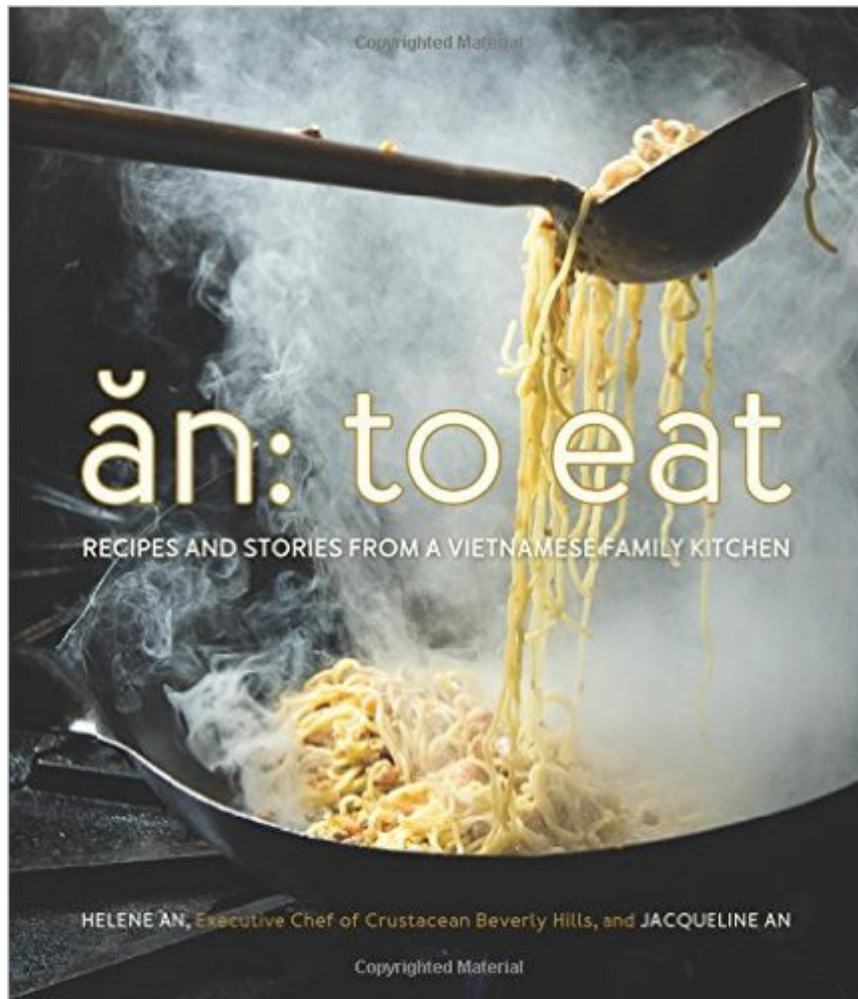


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# An: To Eat: Recipes And Stories From A Vietnamese Family Kitchen



## Synopsis

In Vietnamese, "AN" means "TO EAT," a happy coincidence, since the An family has built an award-winning restaurant empire; including the renowned celebrity favorite Crustacean Beverly Hills; that has been toasted by leading food press, including Bon Appétit, Gourmet, InStyle and the Food Network. Helene An, executive chef and matriarch of the House of An, is hailed as the "mother of fusion" and was inducted into the Smithsonian Institute for her signature style that brings together Vietnamese, French, and California- fresh influences. Now her daughter Jacqueline tells the family story and shares her mother's delicious and previously "secret" recipes, including "Mama's" Beef Pho, Drunken Crab, and Oven-Roasted Lemongrass Chicken. Helene's transformation from pampered "princess" in French Colonial Vietnam, to refugee then restaurateur, and her journey from Indochina's lush fields to family kitchen gardens in California are beautifully chronicled throughout the book. The result is a fascinating peek at a lost world, and the evolution of an extraordinary cuisine. The 100 recipes in An: To Eat feature clean flavors, simple techniques, and unique twists that could only have come from Helene's personal story.

## Book Information

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## Customer Reviews

I just went through the sauce section. What are the white beans doing after step 1 in the Bean Sauce? Mix them into step 2? Or serve them as a sauce side dish? I hope when I start using more of the seem-to-be-good in this book, there will not be too many dangling instruction as this one.

As a fan of the Crustacean family restaurants, I was thrilled to buy this cookbook. I live in San Francisco and visit LA regularly, so I've been to 4 of the 5 restaurants. For those that don't know, read Chef An's bio above. Everyone calls her "Mama." You have to go to the Beverly Hills restaurant to meet her. The cookbook features a mix of restaurant recipes and home recipes, and each is presented in an easy to follow style that makes Vietnamese cooking very approachable. I've tried my share of \$12 paperback authentic Vietnamese cookbooks, but I usually got lost halfway through. I love that this is from "Mama", and that she makes Vietnamese cooking easy by explaining details in side notes scattered throughout the recipes (how to prepare rice paper for crispy rolls, for example). My favorites so far are the Vietnamese Chicken Coriander Cabbage Salad (so light and refreshing), Shaken Beef (my hubby usually likes his filet mignon whole, but this dish won him over on the first bite), and Crispy Garlic Chicken Wings (fish sauce and chicken wings...what!?). There is a drink chapter, I loved the Pear Fusion (vodka) and he loved the Frankie (rye whiskey). Haven't tried any desserts yet, but I love them at the restaurants. The book is co-authored by one of Mama's daughters. She tells Mama's stories and gives little introductions to each of the recipes. I like the way that she tied the recipes to the family story and starts with classic recipes and ends with the Bistronomy chapter. Update: June 20th - made the pork chop, Mongolian chicken, and tried the beef pho after getting Lucky Peach Pho issue.

Bought this book because we love the Crustacean Restaurant in Beverly Hills, although we knew the garlic noodles recipe was not contained in it. So far we've only made the Grilled Mongolian Lamb Lollipops which were quite good but time consuming to make. Today we are trying the Spicy Chicken & Shrimp Ramen in Cognac XO Sauce. Some of the ingredients are expensive (dry scallops) and some like the coriander root could only be found in the large farmer's market, so making several trips to markets is not something I will want to do for many of the recipes. I would have liked the author to include an online source for many of the items, but they only included a brief list for sauces, pastes and seasoning powders.

Part 1: So, I'm a big fan of An's restaurant Crustacean. Love those Garlic Noodles. I made a dish: Crispy Garlic Chicken Wings. So, I marinating my meat overnight. I then followed the rest of the recipe as is. The outcome: it was lacking flavor, even with the lime juice. It needed a glaze to put on afterwards to bring out those flavors I marinated the meat in. And the fish oil smell and taste is STRONG. Needless to say, I wasn't so impressed with the dish but fed it to the family anyways cause I refuse to waste food. I am not a salt fanatic and was disappointed I had to add it to the meat

after it was done just to enjoy it. Not a lot, just a little. I'm still in the process of making what I think are An's garlic noodles (Helen's Wok Noodles) to go with my chicken. Hopefully that part is more tasty. If it's just as bland, I plan to return this book for a refund. Part 2; The Wok Noodle dish was tasty and has more flavor than the chicken (followed recipe to the T). It's definitely not the Garlic Noodle dish at the restaurant. I was hoping that was in the book "A Bit of a Disappointment". I will need to cook more dishes in this book to determine if it's worth more than 3 stars I initially gave it.

I mean WTF, who the hell calls for THREE heads of cauliflower in a recipe? Do you know that one cauliflower takes up the whole baking pan already? You make it sound like you can fit all three on there. Not to mention you told me to bake the cauliflower at 400F for 7 to 10 minutes. Are you kidding me? I baked it for 20 minutes and it still wasn't done, what kind of magical BS oven are you using? Also tried out the coconut spare ribs recipe, and let's just say that your ribs will NEVER become brown no matter how you cook it in the coconut soda. Not to mention I only used half of the amount of pork ribs and the sauce BARELY covered it. Imagine if I had used the full amount of ribs, half of it would probably taste like flavorless crap. YOUR BOOK IS A SHAMELESS MONEY GRAB, TEST OUT YOUR @#\$%ING RECIPES NEXT TIME/end rant. Gosh I've never exploded on a cookbook before. This is truly one of the worst books for cooking I have ever read.

This book is wonderful! It is such an interesting "cookbook". I have learned a great deal more than just the making of Vietnamese food. There's History in this book. The recipes were collected and compiled with love. I have tried a few—they are easy to understand and they are good! There's a mix of old traditional and new modern day tastes. I highly recommend this book—it's exciting, delivers on all the flavors and full of beautiful photos.

This is a lushly produced and perfectly put together book... full of family photographs and beautiful food compositions. Part cookbook, part history, part family memoir, and all good. I was really impressed, learned more about Vietnam and its rich history, and will attempt some of the recipes, armed with clear instructions and detailed techniques. Well done, gorgeous book!

I like a lot of the recipes in this book. I wish it had less about the background of the family and their restaurants.

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