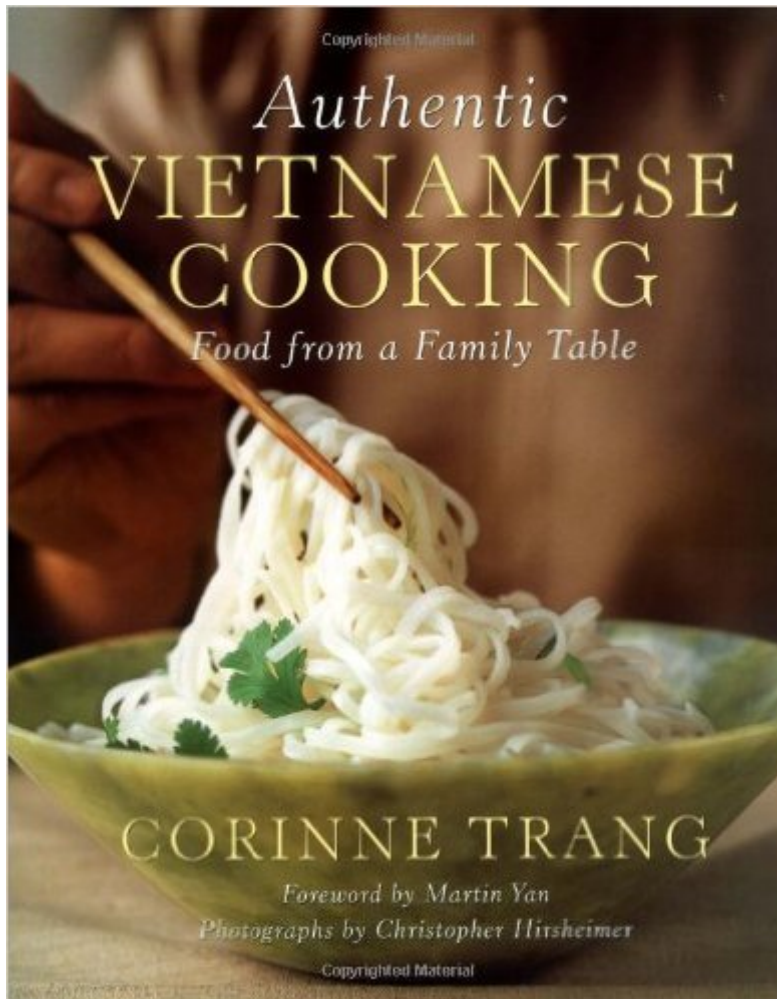


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# Authentic Vietnamese Cooking: Food From A Family Table



## Synopsis

Refined, subtle, challenging, and accessible all at the same time, the food of Vietnam was the first true fusion cuisine, blending the techniques and ingredients of French and Chinese culinary traditions. In *Authentic Vietnamese Cooking*, culinary writer and consultant Corinne Trang introduces you to the pleasures of regional Vietnamese cooking. Born in France's Loire Valley to a French mother and Cambodian-born Chinese father, and raised in Phnom Penh, Paris, and New York, Trang shares more than 100 delicious, authentic Vietnamese recipes designed especially for the home cook. In this beautiful volume, the complicated processes of assimilation, adaptation, and evolution have been distilled into magnificent dishes that represent the three distinct culinary regions of Vietnam: the Simple North, the Sophisticated Center, and the Spicy South. There are recipes for family meals and special occasions, sauces, marinades, flavored oils, soups, noodle dishes, and more. Trang translates the complex flavors of Vietnamese cuisine into easy-to-follow, step-by-step recipes, so even inexperienced cooks can create such classic dishes as Cha Gio (Spring Rolls), Sup Cua Mang Tay (Crab and Asparagus Soup), Pho Bo (Hanoi Beef and Rice Noodle Soup), Tom Nuong Xa (Grilled Lemongrass Prawns), Ga Nuong Toi (Garlic-Roasted Baby Chicken), and Banh Gan (Coconut Creme Caramel). Enhanced by stunning photographs, *Authentic Vietnamese Cooking* also includes sections on essential ingredients, equipment, and techniques; sample seasonal menus; and a list of mail-order sources and Web sites for securing hard-to-find items. Rich with historical, cultural, and personal anecdotes, *Authentic Vietnamese Cooking* brings the experience and pleasures of Corinne Trang's family table to yours.

## Book Information

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## Customer Reviews

I collect Vietnamese cookbooks and so found this cookbook very valuable: 1 - the recipes are relatively authentic; 2 - very easy to understand. This and Pham's *Best of Vietnamese and Thai Cooking* should be the references bought though Routhier's *Foods of Viet Nam* is considered a standard. Pham's recipes are more westernized but background information is good and recipes are sound. I have yet to track down independent publications from Australia but I would say this comes closest to the recipes garnered from personal interviews with Vietnamese home cooks. Vietnamese cooking allows variation making room for available ingredients and influences (it is the best of fusion). So if the Trang recipe does not resemble the very traditional recipes of family it still contains the basic outline. You will encounter recipes usually not covered such as pork pate and other delicacies. I was also impressed that Trang decided to discuss exotic meats including dog. Usually Vietnamese and Asian cookbooks in general avoid the topic completely but Trang decided to confront the issue (bravo). Trang is quite correct that eating of certain exotic meats is restricted to males (aphrodisiacs) and interviews with Vietnamese cooks confirm this. An essential reference for Vietnamese cookbooks but keep in mind that the home recipes are still varied and that this is not an exhaustive source book. Another thing to keep in mind that this book does not cover in great detail techniques regarding preparation of meats (assumption is made that you already know to slice against the grain for beef). The most glaring flaw of meat preparation and options is demonstrated in the pho ba recipe which does mention the use of tendon but not its preparation.

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