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My Vietnamese Kitchen: Recipes and stories to bring Vietnamese food to life on your plate

Uyen Luu

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#1094647 in Books Ryland Peters 2013-10-10 2013-10-10 Original language: English PDF # 1 9.25 x .3 x 7.50l, 1.50 #File Name: 1849754438144 pages My Vietnamese Kitchen Cookbook | File size: 79.Mb

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Uyen was born in Saigon and spent her childhood there before leaving Vietnam in the aftermath of the war. She regularly travels back there to visit family and pick up more classic and modern recipes for dishes found in the homes

and on the streets of Vietnam. The recipes in the book tell a story about Uyen's family and the culture of food in Vietnam. In essence, the food of her country aims to strike the perfect balance between sweet, sour, salty, bitter, hot and umami, and to cater for any occasion and time of day, every mood and ailment. Uyen describes some of the most commonly used produce and guides you through chapters such as Breakfast, Soups, Snacks, Noodles, Lunch Dinner, and Sweets, weaving in tales of etiquette, personal history and tradition and providing evocative photos of her travels throughout. Popular recipes include pho soup, banh mi baguettes and summer rolls.

About the Author Uyen Luu is a writer, cook, photographer, and food and prop stylist. From her London home, she runs Vietnamese cooking classes and supper clubs, which have been featured in international press from USA to Japan and New Zealand, eg. Elle, Glamour, Fox News and ABC News. She writes news stories for JamieOliver.com and has hosted supper clubs in his private kitchen. Her blog, Love, Lelu, has over 10,000 visits per month.