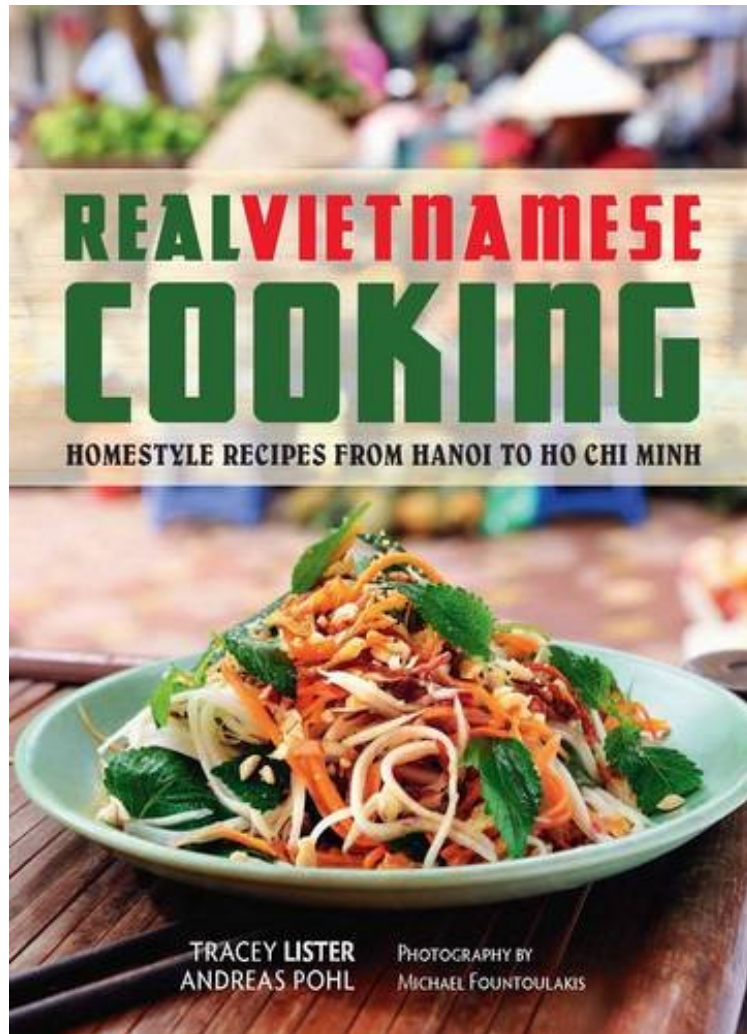


(Download) Real Vietnamese Cooking: Homestyle Recipes from Hanoi to Ho Chi Minh

Real Vietnamese Cooking: Homestyle Recipes from Hanoi to Ho Chi Minh

Tracey Lister, Andreas Pohl
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Tracey Lister, Andreas Pohl : Real Vietnamese Cooking: Homestyle Recipes from Hanoi to Ho Chi Minh
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Real Vietnamese Cooking is a culinary voyage through this unique country. It samples the memorable meals found everywhere from street stalls, countryside eateries, bia hois and family gatherings, covering the three main culinary regions of the country: the hearty food of the cooler North with its four distinct seasons, dishes from the Centre with its tradition of the imperial cuisine from Hue, and the sweeter and spicier food from the tropical South. The recipes collected in this volume cover classic Vietnamese fare such as beef noodle soup (Pho Bo), spring rolls (Nem) and banana flower salad as well as lesser known recipes from rural areas like eel in caul fat and more unusual snacks like boiled jackfruit seeds...as well as the all-important dipping sauces, without which no Vietnamese dish would be complete. With suggestions for putting together a Vietnamese banquet or throwing together a casual meal for friends, the authors remain true to the communal theme that runs through this cuisine and its culture. The lush photography and fresh design take the reader on a journey through classic and unusual recipes and the intricacies of the country's rich cultural history. "After spending time with Tracey in Hanoi, I was thrilled to see the culinary journey through Vietnam in her new stunning book, with vivid photos illustrating the vast range of ingredients in Vietnamese food. The simplicity of the recipes, bursting with flavor, are a true reflection of the local dishes throughout the country" Michel Roux

About the Author Chef Tracey Lister knows how to shop, cook, and eat in Vietnam and through her successful cooking school, the Hanoi Cooking Centre, she follows her passion to promote Vietnamese food in all its facets. Her husband and co-author, Andreas Pohl works as a writer, researcher, and educator and has a keen interest in Vietnam's culture and social history. Together they have written two books on Vietnamese food, KOTO: A Culinary Journey Through Vietnam (2008) and Vietnamese Street Food (2011).