

Cooking Recipe

The Basis

Discovering the Vietnamese cuisine's savors directly at home is easy...provided that you should prepare yourself a little and know a few basic recipes! Subsequently I trust you to adapt them to your taste and your hosts'...

The Vietnamese cuisine is most of the time based on repetitive practices:

- Make a mix of salty sauces, slightly sweetened and leave the meat or fish macerate;
- In order to tenderize the meat as possible, we generally add a little bit of strong alcohol (about 2cl). It won't leave any after taste, nobody will notice...but the effect on the meat does work! Do not be afraid!

The maceration sauce is made of:

« Nuoc Mam » : fish sauce of a dark brown color;

« Soya Sauce » : sauce of a black color ;

Sugar, salt, pepper...

I am aware that not all Vietnamese ingredients can be found in your hometown, thus I chose simple recipes, accessible to everybody.

For the sauces:

You will find without difficulty Nuoc Mam and Soya Sauce in the majority of supermarkets and, of course, in all the Asian shops.

For the other ingredients:

« Chinese noodles »

Those are yellow, twisted noodles that you can find in packs at the supermarket or in Asian shops. All you need to do is buy the soups and to throw away the little aroma sachets you find inside (they are often of bad quality!).

« Chinese vermicelli »

We generally find them in the supermarkets next to the leaves for nems. They look like see-through spaghetti.

« Leaves for nems »

If you have the choice, go with the round instead of the square ones and rather go for the not too rigid ones...it's easier to roll!

