

3 Vietnamese Recipes *to try at home*



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Bún Chả

Hanoi

Ingredients:

- 2 tsp of molasses or brown sugar
- 2 tbsp fish sauce
- 2 cloves of garlic, crushed
- 1 shallot, finely chopped or 1/2 a small onion
- 2 tsp of castor sugar
- 450g boneless pork loin, finely chopped
- 230g vermicelli rice noodles (cooked as per the packet)
- 2 cups of bean sprouts
- Fresh coriander, basil, mint
- Torn lettuce leaves

This Hanoian dish of smoky, grilled pork patties, fresh rice noodles and fragrant herbs is a go-to lunch for locals in the capital. Famously enjoyed by Barack Obama and Anthony Bourdain in Hanoi, this humble yet addictive dish is simple enough to recreate at home.

Instructions:

Make a sauce by heating the molasses or brown sugar with two-thirds of the fish sauce in a heavy saucepan, stirring frequently.

Transfer it to a bowl, let cool a bit, and combine with the garlic, shallot, sugar, and the remaining fish sauce and salt.

Add the minced pork, mix thoroughly, then cover and leave to stand for 3 hours.

Shape the minced pork into little patties, about 2.5cm in diameter, place over a preheated grill or pan and cook for 3-4 minutes on each side, until cooked through.

To serve, divide the noodles between 4 warmed bowls, add the pork, herbs and torn lettuce. Top with sauce.

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Authentic Vietnamese Cuisine



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Cao Lầu

Hoi An

Ingredients:

1kg cao lầu noodles (or udon noodle as a substitute)

100g cao lầu chips (or prawn crackers as a substitute)

1kg pork loin

Fresh herbs: mint, Thai basil, coriander, perilla, watercress, butter lettuce, or fine salad leaves

100g bean sprouts

Marinade:

2 tbsp fresh turmeric

2 tbsp fresh garlic

2 tbsp five-spice powder

Salt and pepper to taste

5 tbsp soy sauce

3 tbsp honey

5 stalks of lemongrass, chopped

2 fresh chillies

Centuries ago, Hoi An was an important trading port where merchants from all over the region would meet to sell their goods. That's why you'll find echoes of Japanese, Chinese, and Vietnamese flavours combined in this delicious noodle dish.

Instructions:

To make the marinade: Using a mortar and pestle, crush the lemongrass, turmeric, garlic, chili. Then add salt and pepper and five-spice powder. Finally add in soy sauce and honey and stir well.

Cut the pork into big pieces and place in marinade for at least an hour, overnight if possible.

Heat oil in the pan, fry pork gently until the meat is brown.

Add the leftover marinade into the pan and add water until meat is covered.

Simmer at a low temperature until the water is reduced by half.

Cook for approximately 45 minutes to an hour until the meat is tender.

Remove pork from broth and continue to reduce the broth on low heat.

Prepare the noodles by cooking in boiling water as per the instructions on the packet and add the bean sprouts 1 minute before the noodles are cooked.

Drain the noodles and bean sprouts, then place in a bowl.

Slice the pork very thinly and place over the noodles, pour the reduced marinade water over top. Top with rice crackers, herbs, and salad leaves.

Serve with lime, chilli jam or chilli sauce.

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Bánh mì kẹp

📍 Ho Chi Minh City

Ingredients:

For the pork:

2 litres of boiling water
60g salt
60g sugar
3 peeled garlic cloves
2 medium fresh crushed chillies
1 tbsp of cracked black peppercorns
1kg of boneless pork (or pork loin if you want to cook quicker)

For bánh mì:

2 French or Vietnamese baguettes
6 tbsp of mayonnaise
300g of pork pate
1 large cucumber, halved and sliced lengthwise
Fresh coriander leaves
4 tsp of soy sauce
Pickled carrots

There's nothing more Vietnamese than stopping your motorbike for a few moments to grab a freshly made bánh mì from a sidewalk vendor. Each region in Vietnam has its own take on bánh mì. This tasty, roasted pork version from Ho Chi Minh City is packed with flavour.

Instructions:

Pour 500ml of boiling water into a large heat-proof container with a lid.

Remove the remaining water from the heat.

Add salt and sugar to the heat-proof container and stir until dissolved. Then add the garlic, chillies, peppercorns, and pork and cover with the remaining hot water so the pork is fully submerged.

Cover and refrigerate for 12 hours or overnight.

Remove the pork from the liquid, rinse, and pat dry with paper towels.

Place the pork fat side up in a roasting pan. Roast the pork at 200 degrees in the oven for one hour and 45 minutes.

Cool for at least half an hour and slice thinly.

Slice the baguette lengthwise and spread mayonnaise on both sides of the baguette.

Spread paté on the bottom section of the baguette, layer with sliced pork, cucumber, coriander, and pickled carrots.

Drizzle the filling of each baguette with soy sauce before closing.

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Bún bò

📍 Hue

Ingredients:

500g beef cartilage
1kg beef shank
1 tbsp salt (separated in halves)
8 lemongrass stalks
120ml vegetable oil
1 bunch of spring onions (white parts thinly sliced)
2 tbsp paprika
120ml fish sauce
1 tbsp shrimp paste
1/2 tbsp sugar
200g blood sausage (optional)
100g thinly sliced Vietnamese white sausage
1 white onions (halved and thinly sliced)
Chopped coriander
Round fresh rice noodles (bún)

Hue's culinary traditions are regarded as among the best in Vietnam. Every morning, locals gather at sidewalk eateries all over the former imperial city to fill up on this hearty noodle soup, served steaming hot with fresh greens, bright chillies and a squeeze of lime.

Instructions:

Thoroughly clean the beef cartilage, place it and the beef shank in a large stockpot filled with enough water to cover and bring to a boil.

Strain the beef cartilage and beef shank into a colander. Place the clean meat into a clean stockpot, fill with water to cover, add 2 tablespoons of salt and bring to a boil.

Skim the surface of the water to remove impurities as it boils, let the broth continue to simmer over medium-high heat.

Crush the lemongrass with the back of a knife and split the stalk slightly to release the aromatic oil, add lemongrass to the simmering stock.

Remove the beef shank from the broth when it's fully cooked through, approximately 1.5 hours, allow it to cool slightly then slice thinly. Add the beef slices back into the soup to continue to tenderize.

In a small saucepan, heat vegetable oil over medium-high heat along with scallions until lightly sautéed and golden, add in the paprika and fish sauce, mix thoroughly, pour the mixture into the broth.

In a medium-size bowl, dissolve the fermented shrimp paste in 120ml water and add to the broth, season with 1/2 tbsp of salt and sugar, adjust to taste.

Add the blood sausage and Vietnamese white sausage.

The soup is ready to be served when slices of beef are perfectly tender, after approximately 3 to 4 hours of cooking.

Serve immediately with round rice noodles, thinly sliced onions, fresh coriander, a squeeze of lime, and fresh chili to taste.

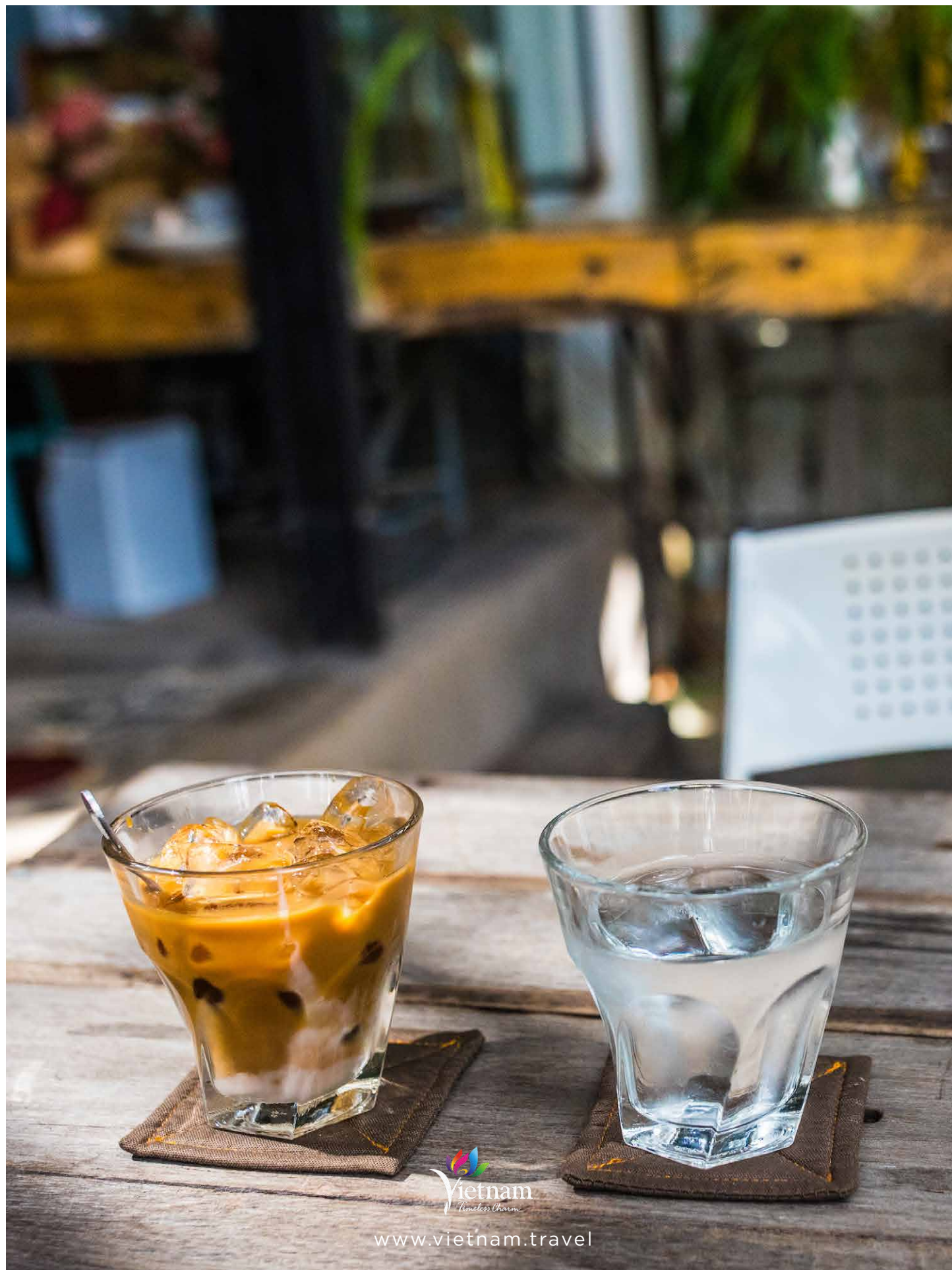
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Cà phê sữa đá

Vietnamese iced milk coffee

Ingredients:

Vietnamese ground coffee
2 tbsp sweetened condensed milk
3/4 cup boiling hot water
8 oz Vietnamese drip coffee filter
Ice

Savouring a cup of freshly brewed robusta on the sidewalk is a classic Vietnam moment every traveller should have. While you can't recreate Vietnam's captivating street scenes at home, this heady cup of coffee should help you relive some sweet memories.

Instructions:

Place 2 tbsp of sweetened condensed milk into a large drinking glass.

Place 4 tbsp of ground coffee into the drip filter and give it a light shake to even out the grounds.

Twist the press down, stop once you feel resistance and place the filter on top of the glass.

Pour about 1/4 cup of boiling hot water in, wait 30 seconds for the coffee grounds to expand.

Pour in the rest of the boiling water and replace cover, the coffee will take about 10 minutes to drip.

Stir well to combine the sweetened condensed milk, add plenty of crushed ice and enjoy!

Brewing tips:

If no water is passing through, loosen the press.

If the water is dripping too fast, tighten the press.

If you want a slightly thicker consistency, refrigerate the coffee for at least 30 minutes before adding ice.

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