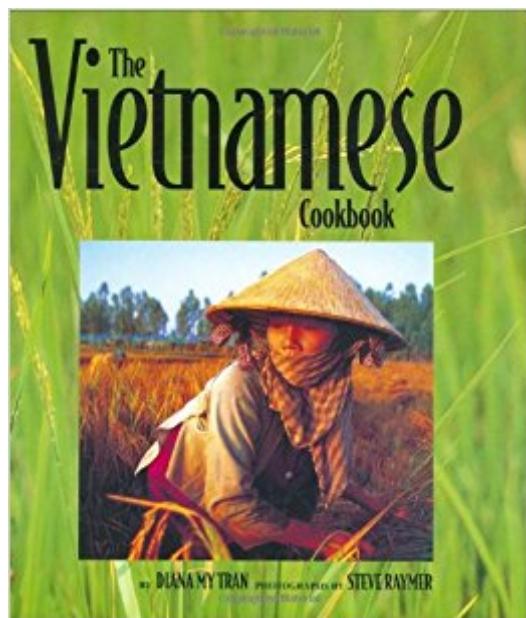


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# The Vietnamese Cookbook (Capital Lifestyles)



## **Synopsis**

In The Vietnamese Cookbook, Diana My Tran transforms many of her complex traditional dishes into new simpler versions - tailored to the fast pace of America and the freshest ingredients from our local supermarkets. In Vietnam, a traditional meal consists mainly of rice accompanied by a salty dish of seafood or meat, vegetables and/or a composed salad. Diana invites you to create your own memorable meals with more than 100 tantalizing recipes for authentic Vietnamese sauces, appetizers, salads, soups, main dishes, desserts, and beverages. Combine the tempting healthful food with Steve Raymer's magnificent photographs of Vietnam, and you'll truly taste the exquisite flavors of this age-old country in all its beauty and richness.

## **Book Information**

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## **Customer Reviews**

One page of deliciousness after another is what you'll find once you crack the cover of Diana My Tran's The Vietnamese Cookbook. Tran has a couple of qualifications above and beyond her Vietnamese heritage as underpinnings to this book: She has two impatient children and a very busy career. Time, then, is of the essence. And yet, she wants to pass on to her children the food of their culture--while living in the U.S. So from the many dishes of her own childhood in Saigon Diana My Tran has simplified technique while making use of the available foods in an American supermarket. The results are quickly prepared, flavorful renditions of Vietnamese classics that give the cook the sense of what Vietnamese cooking is all about. As Tran points out, part of what it's all about is

low-fat cooking with lots of vegetables--a veritable diet book. Tran divides her book by rice, sauces, appetizers and salads, soups, main dishes, and desserts and beverages. She mixes lemon juice and lemon zest to create the Lemon Rice she serves with chicken and seafood. There's also a recipe for sticky rice with peanuts. Her sauces include such standards as Sweet and Sour Fish Sauce and Sweet and Sour Soy Sauce. Among the appetizers you will find spring rolls, both fried and fresh. Also, Shrimp Mung Bean Rice Cakes. There's a Papaya Shrimp Salad as well as a Lime Steak Salad. The wonderful Beef Noodle Soup (Pho Bo) is represented. Main dishes include Ginger Chicken, Honey Roasted Quail, Sesame Spareribs, Caramel Shrimp, Lemongrass Fish, and Vietnamese Crab Cakes. The Vietnamese Cookbook is an easy way in to this wonderful culinary world. Let your palate be your guide. --Schuyler Ingle

For fans of Southeast Asian cuisine, here are two excellent cookbooks. An immigrant from Vietnam to the United States, My Tran has developed her own simplified versions of favorite childhood dishes, many of which now appear in *The Vietnamese Cookbook*. Her excellent introduction to one of Southeast Asia's most colorful cuisines provides more than 100 recipes for such tempting treats as Spring Rolls and Lemon Rice mixed in with a few pinches of personal recollections and some outstanding color photographs. Novice cooks will especially appreciate the clear, easy-to-understand layout of each recipe, which takes the intimidation out of preparing these dishes. My Tran's book will serve as a good complement to other, more classic Vietnamese cookbooks, such as Nicole Routhier's *The Foods of Vietnam* (Stewart, Tabori & Chang, 1989), and is recommended for most public libraries. Rather than simplifying or adapting recipes for American tastes and markets, chef and restaurant owner Su-Mei Yu instead serves up a cookbook that pays homage to the cuisine of her homeland while offering detailed instructions on preparing Thai dishes in the old manner. *Cracking the Coconut* covers everything from the equipment and ingredients needed to traditional preparation methods such as the use of a mortar and pestle. The text not only gives readers 175 delicious recipes but also provides a fascinating look at the history of Thai cooking as well as a few glimpses at the people and forces that have helped shape it. For the most part, the author forgoes the traditional cookbook arrangement by type of dish (i.e., appetizers, salads, desserts, etc.) and instead devotes chapters to a specific ingredient such as rice or a signature dish such as Thai salads. A sumptuous feast for both serious and armchair cooks, this lavishly detailed cookbook is highly recommended for all public libraries. DJohn Charles, Scottsdale P.L., AZ Copyright 2000 Reed Business Information, Inc.

This is the best cookbook so far on Vietnamese. Bought several and they pretty much had all the same recipes. I wanted more of everyday meals. This one had more regular kinds of meals than the others. I prefer this one to all the others I have tried. All the recipes are easy, and very filling. Wish I had bought this one first, would have save a lot of money.

gift

I own five Vietnamese cooking books and this one surpasses them all in terms of taste and practicality. Unlike other Vietnamese cookbooks, this one is low on personal anecdotes and high on quick, quality recipes. Most of Ms. Tran's recipes are designed for ingredients available at most supermarkets, with a monthly trip to the Asian market for fish sauce, rice etc. Moreover, they do not require time consuming prep (i.e. making caramel sauce, deep frying shallots, marinating meat overnight) in order to have a delicious meal on the table in less than an hour. Most of the recipes which include fancy dishes and everyday dishes come with pictures of the finished product. My husband, who is Vietnamese, and son have enjoyed most of dishes I've made from this book. The only downside is the binding on the book could be better (pages are falling out-perhaps from frequent use). Otherwise, highly recommended.

i am vietnamese and since i never had the priviledge to learn directly from my mom how to cook.. i picked up this book just to give it a try. within a few weeks, i have tried most of the recipes particularly the main dishes. not only are they quick recipes with only 4 to 5 steps max, the dishes require simple ingredients, obtainable and cheap.. not only that but all these dishes have turned out to be delicious.. i feel like i can compete with my mom's great cooking. lol. i absolutely love this book. it's a must have!

Very authentic Vietnamese cuisine. Recipes are easy to follow and the book is superbly illustrated throughout. I also enjoyed the recipes which recognize the French influence on Vietnamese food. It accurately reflects the cultural and historical mix of modern Vietnam.

exselent

Similiar to the Plierplus book, The Food of Vietnam this book has very nice photography and simple recipes. It is also pretty small at only 119 pages including index. This book also shares some

of Plierplus' flaws:1) Not much background information; 2) Assumption that you know to cut for tenderness or prepare more difficult things like cleaning shrimp or squid; 3) Does not expand the knowledge base of cooking technique or theory for its user; 4) Recipes are modified greatly; The recipes are modified for faster time preparation. Which is very advantageous for the beginner but a purist will definitely NOT be happy with the recipes e.g., pho ba broth being made with 30 minutes of simmering or the lack of caramel use in recipes. The intent of the book is for speed which it admirably provides. Since Vietnamese cuisine is adventursome in its approach there is room on the shelf for another book that makes free with the recipes. The better book to buy is Corinne Trang's Authentic Vietnamese Cooking whose recipes are sound and provides more interesting reading in general. If you are a history/culture junkie then Lonely Planet's World Food Guide to Vietnam is surprisingly good with a few recipes thrown in. Overall, a pretty book that provides speed but not much substance for the hardcore. It is, however, a nice beginner's book.

Enjoying the book. I was in Viet Nam in Oct And experienced many of the dishes. Book was in good condition.

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