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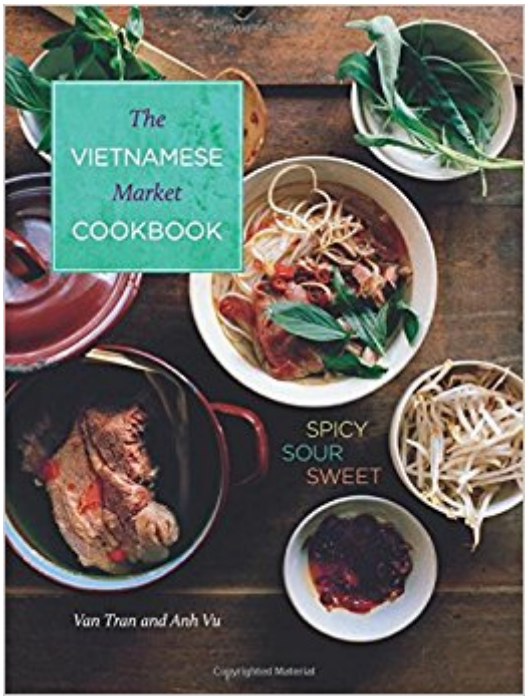
Vietnamese Market Cookbook: Spicy Sour Sweet



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Synopsis

Bring the Flavor of Vietnam to Your KitchenSalty, sweet, bitter, sour, and spicy: these are the flavorful tenets of Vietnamese cuisine. This exhilarating culinary culture is rich but light, deeply flavorful but made with simple ingredients, and filling while also easy to prepare. That's the message that authors Van Tran and Anh Vu wanted to bring to a hungry crowd when they opened their banh mi stall in London, an international city that surprisingly lacked the tastes of the authors' childhoods in Hanoi. As their business expanded, The Vietnamese Market Cookbook followed. The recipes are simpler than you might think but explode with the purest flavors of vegetables, seafood, lean meats, spices, chiles, and treasured Vietnamese condiments like fish sauce. Old and new favorites collide: Asparagus and Crabmeat Soup, Papaya Salad with Crispy Anchovies, Claypot Chicken with Ginger, Sea Bass Carpaccio, Kumquat Jasmine Iced Tea, and CrÃƒÂ¨me Caramel. From chapters like “Sweetness and HappinessÃ¢â ¬Â• to “Spiciness and AdventureÃ¢â ¬Â• and “Saltiness and Healing,Ã¢â ¬Â• this lusciously filling book will bring a little bit of Vietnam into your home.

Book Information

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Customer Reviews

“Take a tour through the five flavors of Vietnamese cuisine—sweet, sour, spicy, bitter, and salty—in this vibrant, educational cookbook created by Vietnamese-born sisters Tran and Vu. The two run several popular food stalls in London featuring their home cuisine, most notably the classic bÃƒÂ¡nh mÃƒÂ¬ sandwich (of which there are several variations in the book). But this

cookbook, which is organized by flavor profile rather than standard classifications like soups and main dishes, showcases so much more than sandwiches. Adventurous cooks will delight at recipes for beef pho, Hanoi shrimp fritters, and papaya salad with crispy anchovies. The book's gorgeous photos pay homage to the abundance of fresh produce starring in these dishes. Also included is an extensive section of master recipes and Vietnamese pantry staples.Ã¢â ¬Â•--Booklist

Van Tran and Ahn Vu are the owners of the popular market stalls Banhmi11 and two market cafes, No. 101 and No. 17, in London. Both born in Vietnam, they spent their childhoods in Hanoi. They had no professional training as chefs when they left their jobs in finance, but successfully filled a gap in London’s culinary scene with banh mi sandwiches, which led to their ever-expanding restaurant empire. Their book, "The Vietnamese Market Cookbook, " was first published in the UK in fall 2013 and was lauded in "The Guardian, Time Out London, Zest, Jamie Magazine, The Sunday Telegraph, Top Sante Magazine, " and "Metro London, " among others. They live in London.

This book deserves much better reviews than it currently has. Its quality goes beyond the appetizing pictures, the beautifully written stories and the delectable recipes.My wife is from Hanoi and we spend a lot of time with her family who still lives there. We find a taste of Hanoi in this book, something most celebrated cookbooks sold in the West are lack of. Oftentimes, Vietnamese cookbooks are written by people who are not from Vietnam or who spend most of their lives away from the country and thus, their interpretation of Vietnamese culture, philosophy, cuisine and way of life can be distant from what’s really going on there. The authors of this book are much more rooted with their Hanoian origin; their recipes as well as philosophy and point of view when it comes to cooking Vietnamese food are much closer to what I find with my in-laws in Hanoi.Perhaps the biggest question in bringing a cuisine outside of its country of origin is how to balance authenticity, adaptability and creativity. In this book, authenticity comes from the philosophy and tastebuds that the authors/chefs developed through their Vietnamese upbringing. Adaptability comes naturally from the fact that they spent their adulthood in some of the most diverse metropolitans in the world - New York and London - and the authors are open-minded enough to tweak their recipes to include ingredients and way of cooking to a lifestyle that most of us can identify with. Creativity shows through the recipes and the story-telling - in this book, the stories are as tasteful as the recipes themselves. What I appreciate the most is how they understand, respect and give credits to the way the locals have been doing and tell readers when they bring in some change.After all, Vietnamese women never consult a cookbook when they cook. Vietnamese food is about sensibility and

balance. Each family, each street vendor can offer you a different version of the same classic dish, all of which are balanced, fresh and tasteful. The approach to cooking Vietnamese food in this book, which is all about reaching the subtle balance of the five tastes (add a dash of fish sauce to find the sixth taste - umami - as the authors suggest), is what my wife, my mother-in-law, and the best Vietnamese unnamed chefs I know have been doing instinctively.Good luck in your culinary adventure and I hope you find wonder like I did.

Good recipes, --easy to follow and make at home. If you enjoy making the foods of other cultures or are looking to replicate a dish you discovered on your travels, this book is for you. For many years I lived in a city-- a great melting pot. I had the great please of tasting many of these dishes offered at little restaurants right around the corner from my home. Then I moved away. Now I find myself longing for tastes that are no longer easily available. This book has all the recipes I needed and longed for. And-- I can find the more exotic ingredients online.Thank goodness for the internet and !

Great book.

The recipes are tasty and they seems really authentic. Been having a lot of fun cooking through the book.

if i could have the cook with it it would be 5 stars!

If you want a modern Vietnamese cook book, this is it. Good selection of recipes, background and pictures. A good introduction to Vietnamese cuisine.

Beautiful book, fabulous recipes

Not much picture but it have lots of recipes compare to the Vietnamese cookbook

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