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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. Thatâ ™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 authorsâ ™ 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 CrÃ¨me Caramel. From chapters like “Sweetness and Happinessâ • to “Spiciness and Adventureâ • and “Saltiness and Healing,â • this lusciously filling book will bring a little bit of Vietnam into your home.

Book Information

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Customer Reviews

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.

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