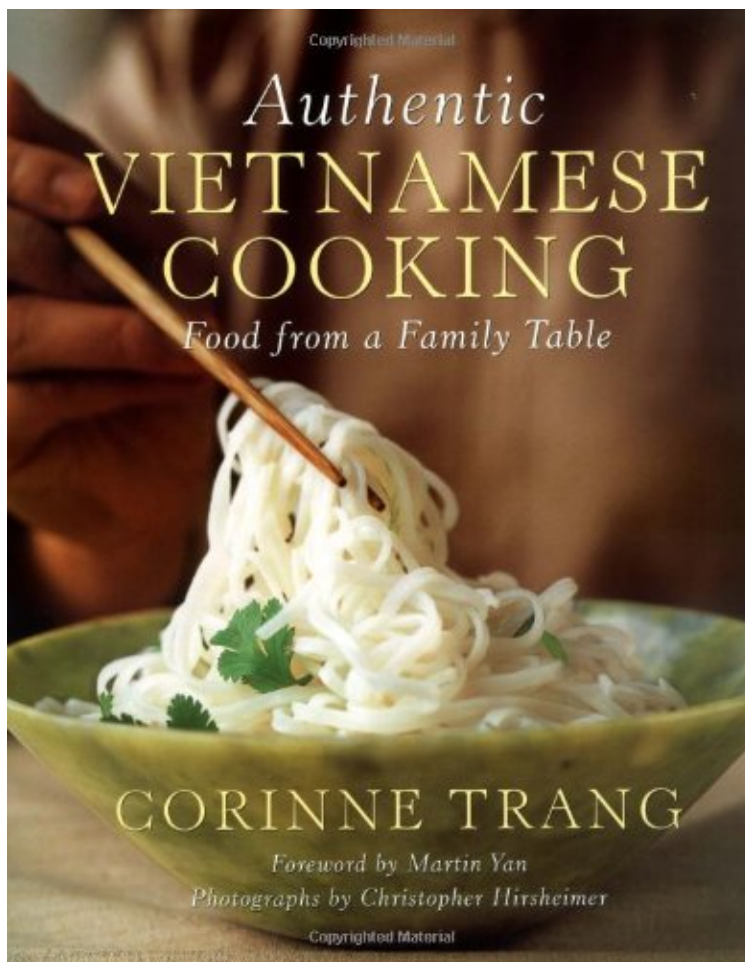


(Pdf free) Authentic Vietnamese Cooking: Food from a Family Table

Authentic Vietnamese Cooking: Food from a Family Table

Corinne Trang

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Corinne Trang : Authentic Vietnamese Cooking: Food from a Family Table before purchasing it in order to gage whether or not it would be worth my time, and all praised Authentic Vietnamese Cooking: Food from a Family Table:

1 of 1 people found the following review helpful. I Love This BookBy GrumpyThis is yet another book by Corinne Trang that is on my list of 10 Most Valued cookbooks. I am finding so many things of value in her writings and recipes that are of great encouragement. Each time I read one of her books I am left with a renewed enthusiasm to learn more about Asian cooking as she sees it. The day I discovered her books was a good day for me and I appreciate her for sharing with all of us the knowledge and wisdom she's acquired from her diverse background in delicious and wholesome food. Thank you, Corinne, for another great insight.0 of 0 people found the following review helpful. Five StarsBy roylbaggettgift1 of 1 people found the following review helpful. Great book that had the exact Pho recipe I wanted ...By Dez E.Great book that had the exact Pho recipe I wanted to make and some really great recipes as well

Refined, subtle, challenging, and accessible all at the same time, the food of Vietnam was the first true fusion cuisine, blending the techniques and ingredients of French and Chinese culinary traditions. In *Authentic Vietnamese Cooking*, culinary writer and consultant Corinne Trang introduces you to the pleasures of regional Vietnamese cooking. Born in France's Loire Valley to a French mother and Cambodian-born Chinese father, and raised in Phnom Penh, Paris, and New York, Trang shares more than 100 delicious, authentic Vietnamese recipes designed especially for the home cook. In this beautiful volume, the complicated processes of assimilation, adaptation, and evolution have been distilled into magnificent dishes that represent the three distinct culinary regions of Vietnam: the Simple North, the Sophisticated Center, and the Spicy South. There are recipes for family meals and special occasions, sauces, marinades, flavored oils, soups, noodle dishes, and more. Trang translates the complex flavors of Vietnamese cuisine into easy-to-follow, step-by-step recipes, so even inexperienced cooks can create such classic dishes as Cha Gio (Spring Rolls), Sup Cua Mang Tay (Crab and Asparagus Soup), Pho Bo (Hanoi Beef and Rice Noodle Soup), Tom Nuong Xa (Grilled Lemongrass Prawns), Ga Nuong Toi (Garlic-Roasted Baby Chicken), and Banh Gan (Coconut Creme Caramel). Enhanced by stunning photographs, *Authentic Vietnamese Cooking* also includes sections on essential ingredients, equipment, and techniques; sample seasonal menus; and a list of mail-order sources and Web sites for securing hard-to-find items. Rich with historical, cultural, and personal anecdotes, *Authentic Vietnamese Cooking* brings the experience and pleasures of Corinne Trang's family table to yours.

.com *Authentic Vietnamese Cooking* offers remarkable insight into the history and details of this seemingly simple yet enchantingly sophisticated cuisine. Author Corinne Trang shares the story of her family, starting with her grandparents, who emigrated from Hunan, China, to Cambodia and then to Vietnam. Eventually, Trang herself made homes in Paris and New York, as well as Asia. The resulting blending of cultures and culinary traditions in her family is a common experience for Southeast Asians who, over the centuries, have had to flee from one place to the next to survive despotism, hunger, and war. Trang clarifies the distinctions between dishes from the three regions of Vietnam. There is the Simple North, where stir-fries are common and the seven-course beef meal, Bo By Mon, originated. The Sophisticated Center features Chao Tom, shrimp paste grilled on lengths of sugar cane created to please the wealthy families of Hue. In the Spicy South, sea trade with India, plus Cambodian influences, led to the development of aromatic, golden curries. Today, the Vietnamese serve them with Banh Mi, the light, crusty Saigon baguette made with rice and wheat flour. In addition to the four groups of condiments essential to Vietnamese cooking (sweet, pungent Nuoc Cham, vinegared vegetables, sate, and table salad), Trang gives recipes for rice-paper-wrapped Summer Rolls, filled with rice noodles, pork, and shrimp, and Mint Rice with Shredded Chicken. Requiring only rice, chicken stock, shallots, fresh mint, and cooked chicken, it has the clean and layered flavors typical of Vietnamese food. Western sensibilities may recoil at Trang's brief, honest discussion of the exotic meats served in Vietnam, including dog, snake, and monkey, served mostly to demonstrate machismo or status (no recipes are given). Christopher Hirsheimer's artistic black-and-white photos enhance the poetic simplicity of Trang's deeply involving text. --Dana Jacobi
From Publishers Weekly
Vietnamese cuisine, which fuses French and Chinese traditions, is no stranger to the American palate, and food writer Trang, raised by a French mother and a Cambodian-born Chinese father, is ideally suited to become its latest proponent. Subtly combining such familiar ingredients as chilies, cilantro, garlic, star anise and lime, Trang also calls for rarer components like Thai basil (for which Italian is no substitute), lotus seeds, and dried squid and shrimp. Though home cooks will have to scavenge Asian markets for ingredients, they will not be intimidated by the recipes. The dishes are as intriguing as Pineapple and Anchovy Dipping Sauce for beef and as familiar as Chicken Curry. Stuffed Fish is a carp or sea bass filled with a redolent paste of pork, reconstituted shiitake mushrooms, ginger and fish sauce. Spicy Beef and Carrot Stew with its five-spice powder, lemongrass and coconut milk has evolved from the classic French dish, Boeuf aux Carottes. Because most Vietnamese main-course recipes call for sugar or another sweetening agent, the desserts are traditionally fresh fruits. Trang, however, does offer recipes for Toasted Coconut Ice Cream and Sesame Rice Dumplings. Her inspired, often simple dishes will nicely stretch the boundaries of home kitchen fare. (Dec.) Copyright 1999 Reed Business Information, Inc.
From Booklist
Vietnamese cooking profits from many salutary influences. In addition to its native Southeast Asian heritage, it has borrowed from the world's two greatest culinary traditions, Chinese and French, whose armies have successively occupied its territory. Trang herself reflects Vietnam's multiple cultures: her maternal ancestry from France's Loire Valley and her father's from admixtures of Chinese and Cambodian. Trang locates three distinct regions in Vietnamese cuisine: simple, hearty cooking from the north; sophisticated, refined cooking from the center; and spicy, exciting food from the south. Since so many Americans remain unused to Vietnamese cooking, Trang begins with an extensive glossary of staple foods, equipment, and techniques. Each recipe has a preface and many have an afterword, placing dishes in culinary and historical context. Trang also suggests variations, showing how basic techniques may yield different results. Trang's directions are concise and her ingredient inventories simple, making this an outstanding introduction to a notable cuisine. Mark Knoblauch