



Vegetarian Vietnamese Dishes

Món Chay Việt Nam

SOUR SOUP (CANH CHUA CHAY)

Ingredients:

- 3 heaping tablespoons tamarind pulp
- 5 cups light vegetable broth
- ½ tsp salt
- 1 container of firm tofu, cubed (fried or plain)
- 2 cups of okra, cut in thick diagonal slices
- 1 cup freshly cut pineapple cubes
- 2 cups bean sprouts
- 3 medium tomatoes, cut into thin wedges
- 2 taro stems (elephant ear stems? Bạc hà, to be safe), cut in ½" thick diagonal slices
- 10 fresh rice-paddy herb sprigs, coarsely chopped
- 2 spring onions, chopped
- 3 tbsp cilantro, chopped
- 2 fresh chilies, chopped (optional)



Directions:

Pour ½ cup boiling water over the tamarind pulp and soak for 30 minutes. Push pulp through a sieve, scraping with the back of a spoon against the wire to extract as much liquid as possible. Set the juice aside.

Bring vegetable broth to a boil. Add tamarind pulp and salt.

Add okra and tofu and let them cook for about 3 minutes. Then add pineapple, bean sprouts, tomatoes, and taro stems. Cook for about 2 minutes. Taste and add more salt and/or tamarind pulp*, if needed.

Turn off heat, sprinkle on rice-paddy herb, spring onions, cilantro, and fresh chilies. Serve right away with rice or rice noodles.

(*If the tamarind doesn't make the soup as sour as you would like, add in some lime juice.)

TOFU BRAISED WITH TOMATO AND PINEAPPLE (ĐẬU KHUÔN KHO)

Ingredients:

- 4 pieces of firm fried tofu, cubed
- 1 tbsp of olive oil
- 1 cup diced tomato
- ½ cup diced pineapple
- 2-3 tbsp of salted soy beans
- ½ tbsp soy sauce
- Sugar
- Toasted sesame seeds
- Chopped cilantro for garnish



Directions:

Put oil in a medium sauce pan and cook the tofu for about 5 minutes, stirring occasionally.

Add tomato, pineapple, salted soy beans, soy sauce, and sugar in the sauce pan. Stir and then add enough water to cover the tofu. Bring to a boil, then let it simmer for about 30 minutes.

After 30 minutes, taste and add more soy sauce or sugar if needed. Mix in some sesame seeds and garnish with cilantro. Serve with Jasmine rice.

CABBAGE SALAD (GỎI CHAY)

Ingredients:

- 1 pack of Five Spiced Tofu
- Vegetable oil
- 1/4 cup fresh lemon juice
- 1/8 cup soy sauce
- 1 clove garlic, finely chopped
- 1 serrano or Thai bird pepper, deseeded and finely chopped
- 1 head green cabbage, shredded
- 2 carrots, peeled and shredded
- Large handful of herbs (basil, mint, rau răm if available), coarsely chopped or torn
- 1/2 cup peanuts, crushed

Directions:

Cut tofu into bite-size pieces and lightly fry it.

In a large bowl, combine lemon juice, soy sauce, garlic, and chili pepper. Add cabbage, carrots, herbs, and tofu to the bowl and toss to combine. Let sit for at least 15 minutes or refrigerate for up to a day before serving.

Sprinkle peanuts over the salad.

(Recipe adapted from "the Kitchn," <http://www.thekitchn.com/recipe-goi-chay-67437>)