

SIMPLE Vietnamese COOKING

FRESH SPRING ROLLS

2 ounces rice vermicelli
8 rice wrappers (8.5 inch diameter)
8 large cooked shrimp - peeled, deveined and cut in half
1 1/3 tablespoons chopped fresh Thai basil
3 tablespoons chopped fresh mint leaves
3 tablespoons chopped fresh cilantro
2 leaves lettuce, chopped
4 teaspoons fish sauce
1/4 cup water
2 tablespoons fresh lime juice
1 clove garlic, minced
2 tablespoons white sugar
1/2 teaspoon garlic chili sauce
3 tablespoons hoisin sauce
1 teaspoon finely chopped peanuts

Bring a medium saucepan of water to boil. Boil rice vermicelli 3 to 5 minutes, or until al dente, and drain.

Fill a large bowl with warm water. Dip one wrapper into the hot water for 1 second to soften. Lay wrapper flat. In a row across the center, place 2 shrimp halves, a handful of vermicelli, basil, mint, cilantro and lettuce, leaving about 2 inches uncovered on each side. Fold uncovered sides inward, then tightly roll the wrapper, beginning at the end with the lettuce. Repeat with remaining ingredients.

In a small bowl, mix the fish sauce, water, lime juice, garlic, sugar and chili sauce.

In another small bowl, mix the hoisin sauce and peanuts. Serve rolled spring rolls with the fish sauce and hoisin sauce mixtures.

Source: <http://allrecipes.com/recipe/24239/vietnamese-fresh-spring-rolls/>

SHAKING BEEF (BÒ LÚC LẮC)

For the marinade

2 pounds boneless beef
sirloin, fillet, or rib eye,
cut into 1-inch cubes
10 garlic cloves, minced
1 tablespoon Maggi
seasoning or soy sauce
1 tablespoon sugar
1 teaspoon sea salt
Freshly ground black pepper

For the salad

1 medium red onion, cut into
paper-thin strips
7 garlic cloves, minced
2 tablespoons sugar
½ teaspoon sea salt
¼ cup rice vinegar or cider
vinegar
¼ cup extra virgin olive oil
Freshly ground black pepper
1 head bibb or Boston
lettuce, cored, leaves
torn into large pieces
1 cup shaved fennel bulb
1 cup baby arugula
½ cup mint leaves
6 cherry tomatoes, halved
2 tablespoons vegetable oil

For the marinade

In a bowl, combine beef, garlic, Maggi or soy sauce, sugar, salt and black pepper to taste. Let stand at room temperature for 1 hour.

For the salad

In a large serving bowl, combine onion, 2 minced garlic cloves, sugar, salt, vinegar and olive oil. Mix well, and season with black pepper to taste. Add lettuce, fennel, arugula, mint and tomatoes. Toss to mix.

Preheat a large skillet over high heat, and add vegetable oil. Add remaining 5 cloves minced garlic. Add half the beef cubes and sear on all sides, shaking pan, until medium rare, about 1 minute. Reserve, then repeat with remaining beef.

Transfer beef to salad greens and toss, or serve salad and beef separately, divided among four plates. Sprinkle with freshly ground black pepper. If desired, serve with rice or crusty French bread.



Source: <http://cooking.nytimes.com/recipes/1014031-shaking-beef-bo-luc-lac>

BÁNH CAM / BÁNH RÁN RECIPE (VIETNAMESE FRIED SESAME BALLS DESSERT)

Outer Shell (Vỏ)

4 oz sweet (glutinous) rice flour
0.75 oz rice flour
0.75 oz all-purpose wheat flour
5 TBS potato flakes
1.6 oz sugar
½ cup warm water (plus ~2 TBS + 2 tsp later to reach desired consistency)
½ tsp salt
1.5 tsp baking powder

Filling (Nhân)

4 oz steamed mung bean + water added to desired consistency
0.75 oz sugar (This equals 1 TBS + 1 tsp)
¼ tsp salt (optional)
A dash of vanilla extract (optional--I don't think it needs it)
Cooking Oil
A neutral cooking oil for frying



Outer Shell (Vỏ)

Mix ½ of the water in a big bowl. Add sugar, salt and mix to dissolve.

Add remaining ingredients and mix (you can use a food processor if you want).

The dough should be slightly dry and have a play-dough consistency. Rest 2-8 hours. It will be slightly rise and hydrate after resting, making it easier to work with.

Filling (Nhân)

It's best to steam this if you can. You can also make it in a rice cooker with slightly more water than you would use to make rice, but you will lose some sticking to the pot.

Mash after it's cooked and add water to desired consistency. The goal is to have a paste similar to thick, slightly dry mashed potatoes.

Forming The Bánh Cam

Flatten out a disk of the dough and add a ball of mung bean filling. The dough to filling ratio is up to you! I like about 1" in diameter, but you can make them bigger. Keep in mind they will slightly expand during cooking.

Try not to leave any air pockets inside, since the dough will already be expanding and adding air to the center. Close off the ball so there aren't any cracks.

Slightly roll in your hands to make a ball shape and then roll in a bowl of sesame seeds to coat thoroughly. Set aside for frying.

Frying

Deep fry the bánh cam at around 285F. It should take about 11 minutes per batch. You may need to stir them a bit for an even fry.

This recipe and image sources are referred in website: Hungryhuy.com. Thanks so much!