

Vietnamese Cuisine

With Allie Tran and Quynh Nguyen

Gỏi Cuốn – Spring Rolls

Ingredients

- 1 package clear edible rice paper sheets (spring roll wrapper)
- 1/2 lb cooked small shrimp (peeled, deveined, halved)
- 1 bunch fresh mint leaves
- 1 head leafy lettuce, washed and separated into leaves
- 1 cucumbers, peeled and cut into thin strips
- 1 carrot, peeled and grated
- 1 cup fresh bean sprouts (optional)
- 1 package vermicelli rice noodles, prepared according to package directions

Directions

1. Have shrimp precooked and cold and the rice noodles prepared already (the noodles should be white, long and at room temp).
2. Make sure all veggies and herbs are cleaned, dried, and set out before you start.
3. Dip a sheet of rice paper wrapper into warm water very quickly, no longer than a second or two (or they will get too soggy) and lay flat on a work surface.
4. On one edge, lay a small handful of noodles, some shrimp, mint leaves, a lettuce leaf, some cucumber strips and bean sprouts, all to taste but don't overstuff.
5. Carefully start to roll up eggroll style, tucking in the sides, then continue to roll up-but not too tightly or the spring roll will split.

Peanut Dipping Sauce

Ingredients

- 1/2 cup natural creamy peanut butter
- 1/4 cup low-sodium chicken broth or water
- 3 tablespoons low-sodium soy sauce
- 1 1/2 tablespoons brown sugar
- 1 1/2 tablespoons minced fresh ginger
- 2 tablespoons lime juice
- 1 teaspoon minced garlic

Directions

1. Microwave peanut butter for 20 seconds - should be slightly warm. Place all ingredients in blender and blend until smooth.

Sauce can be made 1 day ahead of time, and will keep 3 to 4 days in the refrigerator.

Yield: about 1 1/4 cups

Bún Riêu – Shrimp-Crab Noodle Soup

Ingredients

- 1 lb shrimp
- 1/4 lb ground pork
- 2 eggs
- 2 cans/jar of crab paste or minced crab paste in spices (5.6 oz for the can, ~7 oz for the jar, shrimp/prawn paste also works)
- 2 tomatoes, cut into wedges
- 1 big (49 oz) reduced sodium chicken stock can
- 2 big chicken stock of water
- 1 bag dry rice noodles
- 1 tbsp vegetable oil
- Fried tofu (optional)
- Fish sauce to taste
- 1 lime, cut into wedges
- Shrimp paste (optional)

Directions

1. Combine ground pork with shrimp in food processor. Mix with egg and 1 jar crab paste. Stir well for about two minutes.
2. Sauté 1 jar crab paste on bottom of stock pot on medium-high heat until aromatic (about 5 minutes). Add chicken stock and water until boiling.
3. Reduce heat to medium-low. Spoon in shrimp-pork mixture, one spoonful at a time (they will look like meatballs). Let simmer for 20 minutes until shrimp-pork balls are fully cooked and firm. They should float to the top. (You can add the cooked tofu at this time if you'd like)
4. In the meantime, boil water and add rice noodles. Drizzle in a little bit of vegetable oil. Cook until soft (instructions are on the package). Drain.
5. Add tomatoes to stock pot and cook until slightly softened (about 1 minute).
6. Stir in fish sauce -- it is very salty and has a distinct flavor so add to taste preferences.
7. Place noodles in a bowl and ladle broth, shrimp-pork balls, tomatoes, and tofu into the bowl. Serve with lime wedges. Spritz a little bit of lime over noodle soup and add additional fish sauce and/or shrimp paste, if desired.

Chè Ba Màu – Rainbow Drink

Ingredients

- 1 bag (12 oz) skinless split mung beans
- 1 bag (12 oz) red azuki beans, soaked for 5 hours and drained
- 1 pouch (0.88 oz) Telephone Brand Agar-Agar Powder
- 1 can (13.5 oz) coconut milk
- 3 1/3 cups sugar
- Lots of water
- Pandan flavor extract (or green food coloring)

Directions

1. Bring 5 cups of water and red azuki beans to a boil. Add 1 cup of sugar. Reduce heat to medium-low. Cook for 2 hours or until beans are cooked through. Once cooked, refrigerate until ready to use.
2. Bring 4 cups of water, mung beans, and 2/3 cup of sugar to a boil. Reduce heat to medium-low, stirring often. Cook for about an hour or until beans are cooked through. If all of the water is absorbed and the beans aren't cooked, add more water. If it's cooked and there's still liquid in the pot, drain the beans. The beans should be soft and in a paste-like texture. Once cooked, refrigerate until ready to use.
3. Bring 5 cups of water to a boil, add agar powder and 1 cup of sugar. Stir well and bring to a boil. Add good coloring or pandan extract, to taste. You want a nice emerald green color. Remove from heat and pour into 1 large cooking sheet. Let it stand for about 20 minutes and it should harden. Cut into long strips. Refrigerate until ready use.
4. Bring coconut milk and 2/3 cup sugar to a boil. Stir occasionally. Refrigerate until ready to use.

TIP: Complete steps 3 and 4 while the beans are cooking.