

VIETNAMESE FAMILY DINNER

Every dish is served with white Jasmine rice.

SIMPLE CHICKEN WITH DIPPING SAUCES

INGREDIENTS

- 1 whole chicken
- 1 medium daikon radish*, cut in large chunks
- Salt

FOR SALT AND PEPPER DIPPING SAUCE

- 2 cloves of garlic, minced
- 1-2 Thai chilies*, minced
- 1 ½ tbsp salt
- 1 ½ tbsp pepper
- 2 tsp sugar (or MSG)
- Juice of ½ a lime

FOR GINGER DIPPING SAUCE

- 2 cloves of garlic, minced
- 1-2 Thai chilies*, minced
- 2" knob of ginger, minced
- 2 tsp sugar
- 2 tbsp fish sauce



DIRECTIONS

1. Bring a large pot of water to a boil with some salt, and then put the whole chicken in. Reduce to med-high heat and cook for about 1.5 hours or until the chicken is cooked. Add daikon after 30 minutes into the cooking time.
2. To make the salt and pepper dipping sauce, combine the garlic, chilies, salt, pepper, and sugar in a small bowl. Add the lime juice in small proportions until it's enough for you. Adjust all of the ingredients to taste.

If you have a mortar and pestle, mash all of the ingredients except for the lime together, then add the lime juice.

3. To make the ginger dipping sauce, combine all of the ingredients in a small bowl and add the lime juice in the same way as the salt and pepper sauce. For a thicker sauce, use less fish sauce, sugar, and lime juice. Add more sugar and lime juice if it's too salty. For a less fishy taste, use more ginger.

* Picture in "Food Glossary" on the last page

If using a mortar and pestle, mash the garlic and chilies together and set aside. Mash the ginger by itself until it becomes a pulp, and then squeeze the juice out. Discard the juice because it will make your sauce bitter. Finally, combine everything with sugar, fish sauce, and lime juice. Adjust to taste.

4. When the chicken is done, the meat should slide off the bones easily. Cut everything up into bite-sized or to your preference. Reserve the stock for soup.

THAI EGGPLANTS WITH SHRIMP PASTE SAUCE

INGREDIENTS

- Thai eggplants*
- Salt
- 2 cloves of garlic, minced
- 1-2 Thai chilies, minced
- ½ tsp of sugar
- Juice of ½ a lime
- ½ tsp of shrimp paste*



DIRECTIONS

WARNING: The shrimp paste might be strong for you if you're not familiar with it. It has a strong fishy scent, but the other ingredients alleviate it.

1. Prepare a medium bowl of cold water with about 1 tbsp of salt. Cut the eggplants into quarters vertically and soak them in the salted water. Remove from water when ready to eat.
2. To make the sauce, combine the garlic, chilies, sugar, and lime juice. Then stir in the shrimp paste a little at a time until the sauce is to your taste. Adjust everything to taste.
3. To eat, dip the eggplant into the shrimp paste sauce. Get a little bit of the sauce at first to see how much you can handle. Then, you can go crazy with it!

FRIED SALMON WITH TOMATO-PINEAPPLE SAUCE

INGREDIENTS

- 2 medium-sized salmon fillets
- Olive/vegetable oil
- 2-3 cloves of garlic, minced
- 2 Thai chilies, minced
- ¼ cup of chopped tomato
- ¼ cup of chopped pineapple
- 1-2 tbsp of fish sauce
- ½-1 tsp of sugar (optional)

Served with fresh lettuce, mint, and fish mint*.



* Picture in "Food Glossary" on the last page

DIRECTIONS

1. Heat up some oil in a pan to fry the salmon fillets on med-high heat. About 5-7 minutes on each side, depending on the thickness of your fillet. A healthier option is to bake your salmon at 400 F for about 20 minutes. (My estimated time may be incorrect, so please check your salmon. If the center is an opaque pink color, then it's not cooked.)
2. Remove the salmon and set it aside. Reserve about 1 tbsp of the oil in the pan.
3. On medium heat, add garlic and chili to the pan and sauté for a minute until fragrant. Add the chopped tomato and pineapple and sauté until they become slightly mushy.
4. Remove from heat, stir in fish sauce, taste, and add sugar, if needed.
5. Pour the tomato-pineapple sauce over the fried salmon and serve.
6. Roll the lettuce and herbs together and dip them into the sauce and eat with the salmon. They're a nice and refreshing contrast to the salmon.

WINTER MELON SOUP (CANH BÍ ĐÀO)

INGREDIENTS

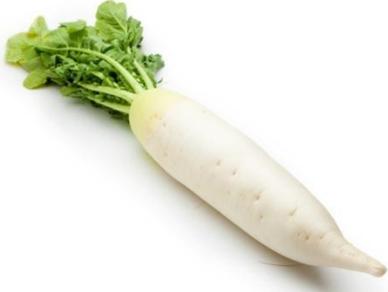
- Chicken stock
- 5 pieces of pork cutlets
- 2 cloves of garlic
- A few dashes of fish sauce
- 2 medium winter melons
- Salt
- Pepper



DIRECTIONS

1. Finely ground the pork cutlets with garlic, salt, pepper, and fish sauce in a food processor until you can form meatballs with the mixture. Set aside.
2. Peel the winter melons and wash them in cool water. Slice them in half vertically and remove the seeds in the center. Cut in 1" chunks.
3. Bring the chicken stock to a soft boil on med-high heat and spoon the pork mixture in using a teaspoon. As you drop the pork in, it will cook as a ball. The pork balls will float to the top when they're cooked.
4. Add the melon. Stir softly. Cook for about 15 minutes or until the melon is soft.
5. Season with salt and pepper to taste.

FOOD GLOSSARY



Daikon Radish



Thai Chilies



Thai Eggplants



Shrimp Paste (Mắm Ruốc)



Fish Mint (Rau Diếp Cá)



Winter Melon (Bí Đào)