

Vietnamese Cuisine

GOI CUON

(Vietnamese summer rolls with peanut hoisin dipping sauce)

Serves: 5 (10 summer rolls, 2 per person)

Ingredients:

- ½ lb. shrimp (36/40 size)
- ½ lb. boneless pork (cut of your choice)
- 1 head of red or green leaf lettuce
- a few sprigs of mint
- a few sprigs of cilantro
- 1 bunch of chives
- 1 pack rice paper (banh trang)
- 1 pack rice vermicelli, the starchless variety
- 1 ½ tsp salt
- 1 tsp sugar



Dipping Sauce:

- 2 tablespoons oil
- 2 tablespoons minced garlic
- 8 tablespoons hoisin sauce
- 2-3 tablespoons peanut butter
- 1 cup water
- chili garlic sauce to taste for spiciness (optional)
- crushed peanuts for garnish (optional)

Instructions:

1. If shrimp is frozen, thaw in bowl of water until defrosted. Split/devein the shrimp using a sharp knife after defrosted.
2. Cook the pork: fill a small pot with water about 1.5 inches above the pork (cut pork into about 4 pieces), add 1 teaspoon salt and 1 teaspoon sugar. Bring to boil on high heat then lower to 60% for 15-20 minutes. It is done when it floats or is no longer pink in the middle. Cut into thin slices.
3. Cook the shrimp: fill a small pot with about 2 inches of water (just enough to cover shrimp). Add ½ teaspoons salt and bring to boil. Add shrimp. Boil for about 1.5-2.5 minutes on 70% heat until shrimp is no longer translucent in the middle.
4. Remove shells/tails and split the shrimp in half along the body.
5. Get 1 gallon of water boiling. Add 1/3 of the rice vermicelli package and boil for 8 minutes (following instructions on package).
6. Drain and cool noodles under cold water to stop them from cooking.
7. Wash and dry your lettuce, mint, cilantro, and chives.
8. Add warm water to a bowl (or plate) to dip the rice paper in. **Dip only before making each roll.** It only takes about 5-10 seconds to soak – make sure to remove the rice paper before it gets to desired softness so that it's easier to handle.
9. To roll the goi cuon, lay out the damp rice paper on a clean plate. Add some lettuce near the bottom and leave about 1-1.5 inches of space on the left and right sides. Layer with some mint and cilantro on top of the lettuce.
10. Add shrimp near the middle, color side down.
11. Add pork on top of the shrimp and some noodles on top of the vegetables. Make sure it's spread evenly across.
12. Fold the sides in so that it is snug and then add in 2 sticks of chives.
13. Fold the bottom up to cover the rice noodles/lettuce and mint – you want to keep the roll tight so lightly squeeze together as you roll. Once you reach the meat, ease up on the pressure so that it doesn't tear.

Dipping Sauce:

1. Sauté garlic in oil until fragrant
2. Add in hoisin sauce, peanut butter, and water, and stir well.
3. Bring to boil, and then immediately turn off heat.
4. Garnish with chili garlic sauce and crushed peanuts.

CHÈ THÁI

(Vietnamese Fruit Cocktail in Coconut Milk)

Serves: 8-10

Ingredients:

- 1 can of seedless lychee drained and then halved
- 1 can of rambutan drained and then halved
- 1 can of jackfruit drained and then cut into thin 2 inch strips
- 1 can of toddy palms drained and then cut into 4
- 1 can of coconut milk (or half and half)
- crushed ice
- ¼ - ½ cups of caster sugar to sweeten
- salt to taste
- faux pomegranate seeds (recipe below)
- 1 can of Asian green jello cut into strips (or make your own, recipe below)



For faux pomegranate seeds:

- 1 can (8 oz.) of sliced water chestnuts, drained and chopped into about 1 cm squares
- tapioca starch
- liquid red food coloring
- 1 tbsp. of water

Instructions:

1. For the coconut sauce, add coconut milk to a saucepan and simmer for about 5 minutes. Add sugar to taste with a touch of salt. Cool before using.
2. For the faux pomegranate seeds, start by boiling a pot of water. Take your chopped water chestnuts and place into a non-staining mixing bowl. Add in 1 tbsp. of water and generous amount of red food coloring. Mix well.
3. Add in the tapioca starch to the water chestnut mixture. Start off with a little bit and then gradually add enough until most of the red is coated evenly with tapioca starch (you should have very little red peeking though at this point). Lightly sift your water chestnuts to dust off excess tapioca starch.
4. Prepare your ice bath in a separate bowl.
5. With your water at a hard boil, add in your coated water chestnuts and cook them for about 3 minutes or until they all float to the surface. Remove and place them in your ice water bath until ready to use (removing too soon will cause them to clump together).
6. To serve in separate glasses, layer your fruits, jello, and faux pomegranate seeds, add in your coconut sauce and then top with some crushed ice. (For layering, you could do the faux pomegranate seeds at the bottom, rambutan, jackfruit, green jelly, toddy palms, lychee). Mix well with a spoon before eating! 😊

TUNISIAN “OJJA” WITH SEAFOOD

Ingredients:

*Serves 4

- 3 garlic cloves
- 2 tablespoons of olive oil
- 1 can of tomato paste
- 3 fresh tomatoes
- ½ pound of shrimp, mussels, and calamari
- 4 to 8 eggs (depending on whether each person wants 1-2 eggs)
- 2 green peppers (can be hot or bell depending on preference)
- 1 pinch of “Tunisian Tabel/Tabil” mainly comprised of 4 spices:
 - o Coriander
 - o Paprika
 - o Caraway seeds
 - o Dry garlic
- 1 teaspoon of salt
- 1 teaspoon of black pepper
- 1 spoon of harissa
- Freshly chopped parsley to decorate
- 1 baguette

Instructions:

1. Heat a drizzle of olive oil in a large pan (width is more important than depth) and gently fry the chopped garlic until it goes light golden brown – don’t let it burn.
2. Add the green peppers and slightly cook, stirring every now and then, for 10 minutes.
3. Chop and add in the tomatoes, tomato paste and the spices/harissa, salt and black pepper.
4. Stir in the shrimp, mussels, and calamari and leave to simmer for a further 15-20 minutes. Check the sauce doesn’t dry out, if needed add a little water.
5. Once the seafood is cooked, break the eggs into the sauce. You may stir so the eggs are evenly distributed throughout or keep them poached.
6. Lower the heat and cover the pan, simmer until the eggs are cooked through.
7. Finely chop parsley and sprinkle it over the dish!
8. Serve with crispy French baguette bread.

NOTE: You can also use spicy “Merguez” – a North African sausage in place of seafood.

~Bon Appétit! ~

