

**RECIPES**  
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*Vietnam*

# VIETNAM, FEATURING RECIPES FROM MAI PHAM

**MAI PHAM** is the chef-owner of Lemon Grass restaurant in Sacramento, and author of [Pleasures of the Vietnamese Table](#) (William Morrow Cookbooks) and [The Best of Vietnamese and Thai Cooking](#) (Prima Lifestyles). A food columnist for the *San Francisco Chronicle* and host of the Food Network special “My Country, My Kitchen: Vietnam,” Chef Pham is the winner of the 1998 IACP Bert Greene Award for distinguished journalism. She leads culinary tours of Southeast Asia on behalf of The Culinary Institute of America – her first tour to Vietnam for the school was the subject of a two-part CNN *Travel Now* special – and is a frequent guest instructor at Greystone, the CIA’s Napa Valley campus.

# HANOI GRILLED FISH WITH RICE NOODLES AND FRESH HERBS

## *CHA CA HANOI*

*Yield: 8 portions*

Ingredients	Amounts
<i>Marinade</i>	
Galangal, 1½" piece, or 2 tsp. galangal powder	2 ea.
Yogurt, plain	¼ cup
Turmeric, ground	4 tsp.
Sugar	4 tsp.
Rice wine vinegar	2 tsp.
Shrimp sauce	2 tsp.
Salt	1 tsp.
Catfish fillets, cut into 3" chunks	3 lb.
 <i>Accompaniments</i>	
Dried bun (rice vermicelli), boiled for 4 to 5 minutes, rinsed and drained	1 1/3 lb.
Red leaf lettuce head, torn into bite-size pieces	1 ea.
Asian basil leaves (about 2 cups)	2 bu.
Cabbage, thinly shredded, soaked in cold water for 30 minutes, drained	4 cups
Scallions, cut into 2" lengths	10 ea.
Dill, fresh, bottom tough stems removed, cut into 1" lengths (about 5 cups)	4 bu.
Peanuts, whole, roasted	1 cup
Vietnamese Dipping Sauce (recipe follows)	1 cup

### Method

1. Peel the galangal and cut into thin slices. Pound in a mortar until mushy. Using your fingers, squeeze the pulverized galangal to extract as much juice as you can from the pulp. You should have about 2 tablespoons. (You can also use a Japanese ginger grater.)
2. In a mixing bowl, combine the galangal juice, yogurt, turmeric, sugar, Rice wine vinegar, shrimp paste, and salt. Add the catfish and toss to evenly coat the fish. Set aside to marinate for 30 minutes.
3. Before cooking the fish, set the dining table with a plate of rice vermicelli and a platter of lettuce and Asian basil. Combine the dill and green onions and place on

one plate. Put the peanuts and dipping sauce in separate bowls. Provide each guest with a small bowl and chopsticks.

4. Start a charcoal fire or preheat a gas grill to high. Grill the catfish pieces just until halfway done, about 2 minutes on each side. (The fish will finish cooking at the table.) Transfer the fish to a plate and keep warm.
5. To serve, place a portable gas or electric stove in the middle of the dining table. Heat 2 tablespoons vegetable oil in a small frying pan over low to moderate heat. Add some catfish pieces (do not crowd) and a generous amount (like a cupful) of dill and onions. Using chopsticks or a long-handled spoon, stir gently until the fish is hot and the herbs are wilted. Invite each guest to assemble his or her own dish by placing some noodles, lettuce, herbs, and cabbage in a small bowl. Top with catfish, peanuts, and sauce. When the catfish is all eaten, cook another batch.

**Recipe credit:** Mai Pham, as presented at the 2007 Worlds of Flavor International Conference & Festival.

# VIETNAMESE DIPPING SAUCE

## *NUOC CHAM*

*Yield: Makes 1 cup*

<b>Ingredients</b>	<b>Amounts</b>
Thai bird chiles, or 1 serrano chile	3 ea., or to taste
Garlic cloves, sliced	1 ea.
Sugar	3 Tbsp.
Water, warm	2/3 cup
Lime juice, fresh	1½ Tbsp.
Fish sauce	¼ cup +1 Tbsp.
Carrots, finely shredded, for garnish (optional)	2 Tbsp.

### **Method**

1. Cut the chiles into thin rings. Remove 1/3 of the chiles and set aside for garnish.
2. Place the remaining chiles, garlic, and sugar in a mortar and pound into a coarse, wet paste.
3. Transfer to a small bowl and add the water, lime juice, and fish sauce. Stir well to dissolve. Add the reserved chiles and carrots.
4. Set aside for 10 minutes before serving.

**Recipe credit:** Mai Pham, as presented at the 2007 Worlds of Flavor International Conference & Festival.

# VIETNAMESE SANDWICH WITH FIVE-SPICE PORK

## *BANH MI*

*Yield: 4 portions*

<b>Ingredients</b>	<b>Amounts</b>
<i>Marinade</i>	
Shallots, chopped	3 Tbsp.
Garlic, minced	1 Tbsp.
Soy sauce	2 Tbsp.
Fish sauce	1 Tbsp.
Sugar	1½ Tbsp.
Five spice powder	1 tsp.
Pork shoulder, untrimmed, cut into 4 rectangular pieces	1½ lb.
Vegetable oil	2 Tbsp.
Water	½ cup
 <i>Sandwich assembly</i>	
Baguette pieces, 6", split lengthwise, half of the centers hollowed out	4 ea.
Mayonnaise	1/3 cup
Marinated Daikon and Carrots (recipe follows), completely drained	2 cups
Yellow onion, thinly sliced and rinsed	¼ ea.
Cilantro sprigs	8 ea.
Hothouse cucumber, halved lengthwise and cut into strips 6" long and ¼" thick	½ ea.
Jalapeño, thinly sliced (optional)	1 ea.
Soy sauce	4 tsp.
Black pepper, freshly ground	

### **Method**

1. Combine 2 tablespoons shallots with the garlic, soy sauce, fish sauce, sugar, five spice powder, and star anise in a shallow glass baking tray, and stir until well blended. Add the pork pieces and toss several times. Allow to marinate for at least 1 hour.
2. Heat the oil in a saucepan over high heat. Add the remaining shallots and stir until fragrant, about 20 seconds. Add the pork pieces and cook until brown around the edges. Add water to almost cover the pork, then cover and simmer until the meat is tender, about 40 minutes. If necessary, add a little water during cooking. Remove from heat and set aside. When the meat is cool enough to handle, cut the pork into thin slices and return to the pan.
3. Spread the inside of each baguette with 2 tablespoons mayonnaise, and then layer from the bottom up with pork, 1/3 cup marinated vegetables, 2 onion slices, 2

cilantro sprigs, 2 cucumber spears, and 2 jalapeño slices. Sprinkle 1 teaspoon soy sauce on top, then garnish with some ground pepper and serve immediately.

**Recipe credit:** Mai Pham, as presented at the 2005 Worlds of Flavor International Conference & Festival.

## MARINATED DAIKON AND CARROTS

*Yield: 1 quart*

<b>Ingredients</b>	<b>Amounts</b>
Rice or distilled white vinegar	1 cup
Sugar	½ cup
Daikon, small, peeled and cut into 1/8" julienne	¾ lb.
Carrots, peeled and cut into 1/8" julienne	1½ lb.
Salt	1½ tsp.

### **Method**

1. Combine the vinegar and sugar and bring to a boil. Remove from the heat and set aside to cool.
2. Place the radishes, carrots, and salt in a bowl and toss several times. Set aside for 20 minutes, then rinse thoroughly. Using your hands, squeeze the vegetables to remove the excess water. Pat dry with paper towels and place in a bowl.
3. Add the vinegar mixture and let the vegetables marinate at least 1 hour before serving. To store, transfer to a tight-lidded jar and refrigerate. The vegetables will keep for up to 3 weeks.

**Recipe credit:** Mai Pham, as presented at the 2005 Worlds of Flavor International Conference & Festival.

# SOUTHERN-STYLE CATFISH IN CLAYPOT

## CA KHO TO

*Yield: 4 portions*

<b>Ingredients</b>	<b>Amounts</b>
Sugar	2 Tbsp.
Vegetable oil	1 Tbsp.
Garlic clove, coarsely chopped	1 ea.
Water, boiling	½ cup
Fish sauce	3 Tbsp.
Fresh catfish fillets, cut in halves or thirds	2/3 lb.
Scallion, cut into 1" lengths	1 ea.
Cilantro sprigs and leaves, cut into 1" lengths	4 ea.
Black pepper, freshly ground	½ tsp.

### **Method**

1. Place the sugar in a 1-quart claypot and add just enough water to barely wet it. Heat over moderate heat until the sugar starts to turn brown, about 3 to 5 minutes. Stir once, then add the oil and garlic. Stir for 1 minute, then add the boiling water, fish sauce, and catfish pieces. Turn the pieces so that they're evenly coated with the sauce. Reduce the heat to a simmer. Cook, covered, until the catfish is firm and almost done, about 5 minutes. Uncover and continue to simmer for another 2 to 3 minutes, so that the sauce is slightly thickened.
2. Remove the claypot from the heat and garnish with the scallion, cilantro, and black pepper. Serve immediately right in the claypot.

**Recipe credit:** Mai Pham, as presented at the 2007 Worlds of Flavor International Conference & Festival.

# PORK IN CLAYPOT

## *THIT KHO TIEU*

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Fish sauce	4 Tbsp.
Caramel sauce, or 4 tsp. light brown sugar	1 Tbsp.
Sugar	2 Tbsp.
Boneless pork shoulder or butt, sliced into thin bite-size strips	1 lb.
Water	6 Tbsp.
Black pepper, freshly ground	2 tsp.
Cilantro sprigs, cut into 1" pieces	8 ea.

### **Method**

1. Combine the fish sauce, caramel sauce, and sugar in a bowl and stir well to blend. Add the pork and let it marinate for 30 minutes.
2. Place the pork and any of the marinating juices in a claypot. Bring to a boil, then reduce the heat to a simmer. Add the water and cook, uncovered, until the sauce is slightly thick, about 7 to 10 minutes. Stir in the black pepper. Remove from the heat. Garnish with cilantro and serve right in the claypot.

**Recipe credit:** Mai Pham, as presented at the 2005 Worlds of Flavor International Conference & Festival.

## CUCUMBER SALAD

*Yield: 3 cups*

<b>Ingredients</b>	<b>Amounts</b>
Rice wine vinegar	1/3 cup
Sugar	1/4 cup
Salt	1/2 tsp.
Water	3 Tbsp.
Cucumbers, English or hothouse, halved length wise, thinly sliced	2 ea.
Yellow onion, small, thinly sliced	1/4 cup
Mint leaves, chopped	10 ea.
Jalapeno chiles, thinly sliced	1 ea. or to taste
Cilantro sprigs, fresh, chopped	6 sprigs
Peanuts, roasted and chopped, for garnish	2 Tbsp.
Fried Shallots (recipe follows) (optional)	1 Tbsp.

### **Method**

1. Combine the rice wine vinegar, sugar, salt, and water in a mixing bowl until well blended.
2. Add the cucumbers, onion, mint, chile, and cilantro and toss well.
3. Let sit for 15 minutes.
4. Garnish with chopped peanuts and fried shallots, if using.

**Recipe credit:** Mai Pham, as presented at the 2007 Worlds of Flavor International Conference & Festival.

# FRIED SHALLOTS

*Yield: 2/3 cup*

<b>Ingredients</b>	<b>Amounts</b>
Shallots, cut crosswise into 1/8" thick slices	1/2 cup
Vegetable oil	1 cup

## **Method**

1. Spread the shallots out on paper towels and allow to air dry for 30 minutes.
2. Combine the shallots and oil in a skillet and bring to a slow boil. Reduce the heat to low and cook until the shallots are golden, about 15 minutes. Stir so the shallots brown evenly.
3. Remove with a slotted spoon or strain the oil through a wire-mesh sieve. Transfer the shallots to a plate or tray lined with paper towels. Discard the oil or save it for later use in stir-fries. Once cool, the shallots are ready to use. If stored in a jar with a tight lid at room temperature, the shallots will keep up to 1 week.

**Recipe credit:** Mai Pham, as presented at the 2007 Worlds of Flavor International Conference & Festival.

# HOISIN PEANUT SAUCE

*Yield: 2 cups*

<b>Ingredients</b>	<b>Amounts</b>
Hoisin sauce	1 cup
Water	½ cup
Rice wine vinegar	¼ cup
Onion, yellow, puréed or finely minced	1/3 cup
Chili paste, ground	1 Tbsp., or to taste
Peanuts, roasted, chopped	½ cup

## **Method**

1. Put the first 4 ingredients into a small saucepan and bring to a boil. Reduce the heat and let simmer for 5 to 7 minutes. Add a little water if too thick. Set aside to cool.
2. Transfer the mixture to a sauce dish and garnish with chili paste and chopped peanuts.

**Recipe credit:** Mai Pham, as presented at the 2005 Worlds of Flavor International Conference & Festival.

# VIETNAMESE BEEF NOODLE SOUP

## *PHO BO*

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Beef knuckle bones	5 lb.
Bottom round beef roast	2-3 lb.
Water	8 qt.
Fresh ginger knob, 2-3" piece, unpeeled	1 ea.
Yellow onions, peeled	2 ea.
Star anise, whole	5 ea.
Cloves, whole	4 ea.
Daikon, peeled and cut in half	1 ea.
Asian fish sauce	¼ cup
Sugar	3 Tbsp.
Salt	1 Tbsp.

### *Noodles*

Rice-stick noodles, dried, thin or medium width, soaked in hot water for 20 minutes, then rinsed and drained	1 lb.
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### *Accompaniment*

Chuck-eye	½ lb.
Yellow onion, cut into paper-thin slices	1 ea.
Green onions, chopped	3 ea.
Cilantro, chopped	½ bu.
Bean sprouts	1 lb.
Thai basil sprigs	20 ea.
Saw leaf herb (optional)	12 ea.
Fresh Thai bird or serrano chiles, cut into thin slices	3 ea.
Limes, cut into wedges	2 ea.
Salt	to taste
Black pepper, freshly ground	to taste

### **Method**

1. Fill a very large stockpot with water and bring to a boil. Add the knuckle bones and bottom round; boil for 10 minutes. Drain. Rinse the bones and bottom round and return to the pot. Add 6 quarts of the water. Bring to a boil; boil for 5 minutes while skimming off the foam, fat, and residue. Add the remaining 2 quarts water. Reduce the heat to low and simmer, uncovered, skimming as needed.

2. While the stock is cooking, dry-roast the ginger and onion by placing them directly in a frying pan over high heat. Turn so the skins are nicely charred, but not cooked, about 2 to 3 minutes on each side. Add the ginger and onion to the soup pot.
3. Using the same pan, dry-roast the star anise and cloves until fragrant, about 1 minute. Add the spices, daikon, fish sauce, sugar, and salt to the soup pot. Simmer until the meat is tender, about 2 hours.
4. Remove the bottom round (but not the bones) from the pot and set aside to cool. Using a long slotted spoon, remove the spices, daikon, ginger, and onions and discard. (Cooking the spices too long will make the broth dark and too pungent.) Continue to gently simmer the stock and bones to create a rich broth.
5. Meanwhile, arrange the accompaniments on a platter and set aside. Cut the bottom round into thin slices. If using the sirloin, slice paper-thin and arrange on another platter.
6. *To cook the noodles:* Just before serving, bring a large pot of water to a boil. Place a handful of the noodles in a sieve with a handle and lower into the boiling water. Using a fork or chopsticks, stir the noodles often and cook until just done, about 1 to 2 minutes. Remove the sieve and shake a bit to drain the water. You may cook 2 to 3 portions of noodles at a time. Transfer to large warmed soup bowls.
7. *To serve:* Place a few slices of bottom round and sirloin on the noodles. (If rare meat is preferred, add the raw sirloin after ladling in the broth.) Garnish with about 1 tablespoon each of yellow onions, green onions and cilantro. Bring the broth to a rolling boil. Ladle a generous amount of the broth over each serving. Serve with the accompaniments, allowing each guest to garnish the soup with bean sprouts, herbs, chiles, a squeeze of lime, and salt and pepper.

**Note:** You can prepare the broth in advance and assemble the dish just before serving. To enjoy a bowl of pho correctly, it is critical that the bowl is large enough to hold about 1 part noodles and 4 parts soup. Make sure the bowls are preheated before using.

**Recipe credit:** Mai Pham, as presented at the 2007 Worlds of Flavor International Conference & Festival.

# GRILLED SHRIMP ON SUGARCANE

## CHAO TOM

*Yield: 24 pieces*

Ingredients	Amounts
<i>Shrimp paste</i>	
Pork fat, or 1 egg white	3 oz.
Vegetable oil	1 Tbsp.
Yellow onion, chopped	¼ cup
Shallots, minced	3 ea.
Fish sauce	1 Tbsp.
Sea salt	¼ tsp.
Sugar	1 Tbsp.
Garlic, minced	1 tsp.
Ground white pepper	½ tsp.
Cornstarch	2 Tbsp.
Baking powder	½ tsp.
Raw shrimp, peeled, deveined, and patted extremely dry	1 lb.
Green onions, chopped	2 ea.
Sugarcane, 20 oz. can, 4" pieces, drained	1 ea.
Table Salad (recipe follows)	
Vietnamese Dipping Sauce (see index)	

### Method

1. Bring a small saucepan of water to a boil. Add the pork fat and cook just until the edges turn translucent, about 2 to 3 minutes. Remove from heat and drain on paper towels. Coarsely chop the fat and set aside. If using egg white, skip this process.
2. In a small saucepan, heat the oil over moderate heat. Add the chopped onions and shallots and sauté until slightly wilted, about 1 minute. With a slotted spoon, transfer the onions to a small bowl. Add the fish sauce, salt, sugar, garlic, egg, white pepper, cornstarch, and baking powder, and using a fork, blend the ingredients together.
3. In a food processor, using the pulse button, combine the onion, the egg mixture, and the shrimp, and process to a lumpy paste. Do not overmix as the paste will toughen. Scrape the work bowl clean and transfer to mixing bowl. Stir in the green onions. If your paste is not cold, refrigerate at this point to stiffen it.
4. Quarter the sugarcane pieces lengthwise, or halve them if they're small. Wet your hands with cold water. Place 2 tablespoons shrimp paste in the middle of your palm. Place a sugarcane stick on top and mold the paste around it. (The paste should be about ¼ inch thick and about 2½ inches long.) Gently press the paste against the stick so the edges are sealed. Set the shrimp paste aside on an oiled plate. Repeat with the remaining sugarcane and paste.

5. Oil a steamer basket and place the sugarcane sticks in a single layer. If necessary, steam in several batches. Steam until the shrimp paste turns pink, about 2 to 3 minutes. You can make this dish in advance up to this point. To finish the dish, grill or broil the shrimp paste until it's hot inside and slightly charred around the edges. Serve immediately with table salad and dipping sauce.

**Recipe credit:** Mai Pham, as presented at the 2005 Worlds of Flavor International Conference and Festival.

# TABLE SALAD

## RAU SONG

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Leaf lettuce, red or green, leaves separated, washed and drained	1 hd.
Cucumber, thinly sliced	½ ea.
Bean sprouts	2 cups
Mint, Asian basil, rau ram and green perilla, or any combination of herbs, sprigs of each	5-6 ea.

### **Method**

1. Arrange the greens in an attractive manner on one side of a large platter. Place the cucumbers, bean sprouts, and herbs on the other side. Place the platter in the center of the table and serve.

**Note:** If a table salad accompanies a grilled meat dish, you can also serve presoaked rice papers on the side. Just layer some lettuce in between the rice sheets so they don't stick. Another way is to allow guests to wet the rice sheets themselves by soaking them in a bowl of warm water at the table.

**Recipe credit:** Mai Pham, as presented at the 2007 Worlds of Flavor International Conference & Festival.

# SIZZLING SAIGON CREPES

## BANH XEO

*Yield: 4 large crepes*

<b>Ingredients</b>	<b>Amounts</b>
<i>Batter</i>	
Rice flour	2 cups
Coconut milk, unsweetened	½ cup
Water	2 1/3 cups
Turmeric, ground	1½ tsp.
Sugar	1 tsp.
Salt	½ tsp.
Curry powder, preferably Vietnamese Golden Bells brand	½ tsp.
Scallions, cut into thin rings	3 ea.
 <i>Filling</i>	
Vegetable oil	4 Tbsp.
Yellow onion, thinly sliced	½ cup
Pork shoulder or chicken breast, thinly sliced	4 oz.
Raw shrimp, medium, peeled, deveined	12 ea.
Bean sprouts	4 cups
Mushroom, white, sliced, lightly sautéed, drained	2 cups
 <i>Vietnamese dipping sauce</i>	
Thai bird chiles, or 1 serrano chile	3 ea.
Garlic clove, sliced	1 ea.
Sugar	3 Tbsp.
Water, warm	2/3 cup
Lime juice, fresh	1½ Tbsp.
Fish sauce	5 Tbsp.
Carrots, finely shredded, for garnish (optional)	2 Tbsp.

Table Salad (see index)

### **Method**

1. *For the batter:* Place the rice flour, coconut milk, water, turmeric, sugar, salt, curry powder, and scallions in a bowl and stir well to blend. Set aside.
2. *For the filling:* Heat 1 tablespoon of the oil in a large nonstick skillet over high heat. Add a quarter each of the onion, pork, and shrimp and stir until fragrant, about 15 seconds. Whisk the batter well, and ladle about 2/3 cup into the pan. Swirl so the

batter completely covers the surface. Neatly pile about 1 cup bean sprouts and ½ cup of mushrooms on one side of the crepe, closer to the center than the edge. Reduce the heat slightly, cover the pan, and cook until the edges pull away from the sides of the pan, about 5 minutes. Reduce the heat to low. Uncover and cook until the crepe is crisp and the chicken and shrimp are done, another 2 to 3 minutes. Slip a spatula under the crepe to check on the bottom of the crepe. If it's not brown, cook another minute or two.

3. Lift the side of the crepe without the bean sprouts and mushrooms and fold it over the covered side of the crepe. Using a spatula, gently slide the crepe onto a large plate. Wipe the pan clean and make the remaining crepes in the same way. Be sure to oil the pan before beginning the next crepe.
4. *For the Vietnamese dipping sauce:* Cut the chiles into thin rings. Remove one-third of the chiles and set aside for garnish. Place the remaining chiles, garlic, and sugar in a mortar and pound into coarse, wet paste. (If you do not have a mortar, just chop with a knife.) Transfer to a small bowl and add the water, lime juice, and fish sauce. Stir well to dissolve. Add the reserved chiles and carrots. Set aside for 10 minutes before serving.
5. *To serve:* Place the crepes, Vietnamese dipping sauce and table salad on the table. To eat, tear a piece of the banh xeo and wrap with lettuce or mustard leaves and herbs. Roll into a packet, then dip into the sauce and eat.

**Note:** In Hue, this dish is called banh hhoai (happy pancakes). The crepes are smaller, about 6 inches in diameter, and are served with a heavier sauce of fermented soybeans. If you want to try this version, use a small pan and reduce the amount of ingredients accordingly. When the crepe is half done, drizzle beaten egg around the edges and serve open face or folded, with the same accompaniments.

**Recipe credit:** Mai Pham, as presented at the 2007 Worlds of Flavor International Conference & Festival.

# CRISPY SPRING ROLLS

*Yield: 25 pieces*

<b>Ingredients</b>	<b>Amounts</b>
Dried bean thread noodles, soaked in hot water for 30 minutes, drained and cut into ½" pieces (about 2/3 cup)	1 oz.
Dried tree ear mushrooms, soaked in hot water for 30 minutes, drained, stems trimmed and chopped	1 Tbsp.
Onion, minced and squeezed dry	1 ea.
Carrot, peeled, grated, and squeezed dry	1 ea.
Green onions, thinly sliced	3 ea.
Egg	1 ea.
Fish sauce	2 Tbsp.
Garlic, minced	½ Tbsp.
Salt	¼ tsp.
Sugar	2 tsp.
Black pepper, freshly ground	½ tsp.
Crabmeat	½ lb.
Ground pork	½ lb.
Spring roll wrappers, thin	15 ea.
Cornstarch	2 Tbsp.
Water	1/3 cup
Vegetable oil for frying	

## *Accompaniments*

Table Salad (see index)

Vietnamese Dipping Sauce (see index)

## **Method**

1. In a mixing bowl, combine the bean thread noodles, mushrooms, onions, carrot, and green onions. Set aside.
2. In another large mixing bowl, beat the eggs, then add the fish sauce, garlic, salt, sugar, and black pepper. Add the crabmeat and pork and, using a fork, break up the meat so it is thoroughly mixed with the seasonings. Add the noodle mixture and mix well. Set aside.
3. In a small saucepan, combine the cornstarch and water. Stir often to prevent sticking and bring to a boil. If it is too thick, add more water. This is the "glue" to seal the edges of the wrapper.
4. Cut the wrappers in half diagonally; you will have 2 equal size triangles from each wrapper. Starting with the longest side towards you, place about 2 tablespoons of filling on the bottom area of one of the triangles. Using your fingers, mold the filling

into a cylinder 2 inches long and 1 inch wide. Fold the 2 sides of the wrapper in and roll to enclose. Dab a little cornstarch mixture along the edges (do not over-glue) and seal the roll. Set aside while you finish making the remaining rolls. Do not stack them.

5. To fry, preheat a large wok or fry pan. When hot, pour enough oil in to completely cover the spring rolls. The rolls should float and not touch the pan. Heat the oil to about 325°F. Carefully place the rolls into the oil. Do not crowd the pan or place the rolls on top of each other. Fry the spring rolls for about 3 to 4 minutes on each side, turning often, until they are nicely brown and crisp. If they brown before that, reduce the heat as the oil is too hot. Remove the cooked spring rolls from heat and drain on paper towels. Serve immediately with dipping sauce and table salad.

**Recipe credit:** Mai Pham, as presented at the 2007 Worlds of Flavor International Conference & Festival.

# HUE BEEF VERMICELLI SOUP

## *BUN BO HUE*

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
<i>Broth</i>	
Lemon grass stalks, bottom white parts only	3 ea.
Pork bones	3 lb.
Pork leg, boneless, cut into 2 pieces	1½ lb.
Beef shank, cut into 2 pieces	1½ lb.
Fish sauce	3 Tbsp.
Salt	1 tsp.
Sugar	2 Tbsp.
Shrimp sauce	1 tsp.
Vegetable oil	2 Tbsp.
Annatto seeds (optional)	2 tsp.
Shallot, minced	1 tsp.
Chile flakes, dried	1 tsp.
<i>Noodle</i>	
Vermicelli, dried, fat rice, like spaghetti	1 lb.
Onion, yellow, sliced paper thin	½ ea.
Cilantro, chopped	¼ cup
Scallions, cut into thin rings	2 ea.
<i>Garnishes</i>	
Rau ram (Vietnamese coriander leaves), coarsely chopped	1 cup
Cabbage, very thinly sliced, soaked in cold water and drained (optional)	2 cups
Lime, cut into 6 wedges	1 ea.
Thai bird chiles, chopped	4 ea.

### **Method**

1. Peel the tough outer layers of the lemon grass and discard. Finely chop enough for 2 tablespoons and set aside. Using the flat side of a knife, lightly bruise the remaining stalks. Cut into 3-inch pieces; set aside.
2. Place the pork bones, pork leg, and beef shank in a large pot. Add water to cover, bring to a boil, then drain. Return the bones, pork, and beef to the pot and add 3 quarts fresh water. Add the lemon grass stalks. Bring to a boil, then reduce the heat to a simmer. Cook until the meat is tender but still firm, about 1 hour. Skim the surface to remove any foam or fat that rises to the top.

3. With a slotted spoon, remove 1 piece of the pork leg and 1 piece of the beef shank and submerge them in cool water for 10 minutes to keep them from turning dark. Remove from the water and trim any excess fat or chewy parts from the meat. Slice both into thin bite-sized strips; set aside. Allow the remaining meat to simmer in the broth.
4. Add the fish sauce, salt, sugar, and shrimp sauce to the broth, and continue to simmer.
5. Heat the oil in a small saucepan over moderate heat. Remove the pan from the heat and add the annatto seeds, if using. Let them foam for 30 seconds, then strain the oil into another pan or remove the seeds with a slotted spoon. Heat the annatto oil over moderate heat and add the shallot, chile flakes, and reserved chopped lemon grass. Stir until fragrant, about 10 seconds. Remove from heat immediately and add to the broth.
6. To serve, divide the cooked noodles evenly among preheated bowls (if the noodles are not hot, reheat in a microwave oven or blanch in boiling water). Top with a few strips of pork and beef shank. Ladle a generous amount of hot broth on top and garnish with sliced onion, cilantro, and scallions. Serve with rau ram, cabbage if desired, lime wedges, and chiles on the side.

**Recipe credit:** Mai Pham, as presented at the 2007 Worlds of Flavor International Conference & Festival.

# HANOI RICE NOODLES WITH GRILLED PORK

## *BUN CHA HANOI*

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Scallions, sliced into thin rings	4 ea.
Shallot, minced	2 ea.
Fish sauce	2 Tbsp.
Caramel Sauce (recipe follows), or 2 tsp. brown sugar	1 Tbsp.
Salt	½ tsp.
Black pepper, freshly ground	1 tsp.
Vegetable oil	2 Tbsp.
Pork shoulder, sliced thin across the grain	1 lb.
Ground pork	1 lb.
Yellow onions, chopped	½ cup
<i>Accompaniments</i>	
Dried bun rice vermicelli, cooked until soft but still firm, 4 to 5 minutes, rinsed and drained	1 1/3 lb.
Table Salad (see index)	
Vietnamese Dipping Sauce (see index)	5 cups

### **Method**

1. Combine the scallions, shallots, fish sauce, caramel sauce, and salt and pepper in a mixing bowl and stir to blend. Divide the marinade equally into 2 separate bowls. In 1 bowl, add the oil and pork and toss so the meat is evenly coated. Let marinate for 20 minutes. In the second bowl, combine the ground pork and onions and mix well. Shape the ground pork into patties about 2 inches wide and ½ inch thick. Set aside until ready to cook.
2. Set the dining table with a platter of noodles and table salad. Transfer the sauce to 4 small bowls. Serve each guest with a bowl of dipping sauce and another bowl to eat from.
3. Preheat a grill or broiler to high heat. Grill the pork slices and pork patties until the meat is done and the edges are nicely charred on both sides (you can also cook in a frying pan). Transfer to a serving plate.
4. To eat, place a few slices of pork and pork patties in the dipping sauce and let them marinate for a few minutes. Invite your guests to serve themselves by placing the noodles, herbs, and meat in their bowls and drizzling some sauce on top.

**Recipe credit:** Mai Pham, as presented at the 2007 Worlds of Flavor International Conference & Festival.

# CARAMEL SAUCE

*Yield: ½ cup*

<b>Ingredients</b>	<b>Amount</b>
Sugar	½ cup
Water, boiling	1/3 cup

## **Method**

1. Place the sugar in a small, heavy-bottomed saucepan over moderate heat. The sugar will melt and start to caramelize in about 2 to 3 minutes. Stir a few times (the edges will start to brown fast) and let the mixture bubble until it turns dark brown, another minute or so. Quickly but carefully remove the pan from the heat and slowly stir in the boiling water. Stand back as the mixture might splatter.
2. Set aside to cool. If stored in a tight-lidded jar at room temperature, this sauce will keep up to 1 month.

**Recipe credit:** Mai Pham, as presented at the 2007 Worlds of Flavor International Conference & Festival.

# SPICY LEMON GRASS TOFU

## *TAU HU XA OT*

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Lemon grass stalks, outer layers peeled, bottom white part thinly sliced and then finely chopped (about ¼ cup)	4 ea.
Soy sauce	3 Tbsp.
Thai bird chiles or any chiles, chopped	4 tsp.
Chile flakes, dried	1 tsp.
Turmeric, ground	2 tsp.
Sugar	4 tsp.
Salt	1 tsp.
Tofu, drained and patted dry, cut into ¾" cubes	24 oz.
Vegetable oil	6 Tbsp.
Yellow onion, thinly sliced lengthwise	1 ea.
Shallots, minced	4 Tbsp.
Garlic, minced	2 tsp.
Peanuts, roasted, chopped	½ cup
La lot, or pepper leaves, shredded, or 1 1/3 cups loosely packed	20 ea.
Asian basil leaves	

### **Method**

1. Combine the lemon grass, soy sauce, chiles, dried chile flakes, turmeric, sugar, and salt in a mixing bowl. Add the tofu pieces and turn so they're evenly coated. Marinate for 30 minutes.
2. Heat the oil in a large nonstick frying pan over high heat. Add the onions, shallots, and garlic and stir until fragrant, about 1 minute. Add the tofu pieces and, using chopsticks or wooden spoons, turn so they cook evenly, about 4 to 5 minutes. Reduce the heat and cook, uncovered, until the tofu is slightly browned around the edges and the onions are soft, another 2 to 3 minutes. Add half of the peanuts and all the pepper leaves.
3. Remove from the heat and transfer to a serving plate. Garnish with the remaining peanuts and serve.

**Note:** While traveling on a train to the coastal town of Nha Trang, I sat next to an elderly nun. Over the course of our bumpy 8-hour ride, she shared stories of life at the temple and the difficult years after the end of the war when the Communist government cracked down on religious factions. Then, toward the end of our chat, she pulled out a bag of food she'd prepared for the trip. It was tofu that had been cooked in chiles, lemon

grass, and la lot, an aromatic leaf also known as pepper leaf. When she gave me taste, I knew immediately that I had to learn how to make it.

This is my rendition of that fabulous dish. Make sure the tofu is patted dry before marinating it and use very fresh lemon grass. I always love serving this to friends who think tofu dishes are bland.

**Recipe credit:** Mai Pham, as presented at the 2007 Worlds of Flavor International Conference & Festival.

## STICKY RICE WITH PEANUTS AND FRESH COCONUT

*Yield: 4 portions*

Ingredients	Amounts
Raw peanuts, shelled	¼ cup
Mung beans, split, shelled, soaked for 2 hours and drained	1/3 cup
Pandanus leaves, fresh or frozen, tied into a small bundle and slightly bruised with the flat side of a knife	2 ea.
Sticky rice or sweet (glutinous) rice, soaked overnight, drained	1 cup
Coconut milk, unsweetened, preferably Mae Ploy brand	1/3 cup
Sugar	7 Tbsp.
Sesame seeds, white, lightly toasted in a dry pan	2 Tbsp.
Salt	½ tsp.
Coconut, freshly grated; or store-bought coconut flakes	½ cup

### Method

1. *For the roasted peanuts:* Place the peanuts, with skins removed, on a cookie sheet and bake in a 325°F oven until golden brown, about 20 minutes. Halfway into the baking time, gently shake the tray so the peanuts roast evenly. (You can also roast the peanuts in a dry pan over low heat.) Remove and set aside. Use the peanuts whole, or coarsely chop them with a mortar and pestle, a food processor, or a knife.
2. Place the mung beans and ½ cup of water in a small saucepan over moderate heat. Bring to a boil. Reduce the heat and simmer until the beans are soft, about 20 minutes. Add a little more water if the pan gets dry. Using the back of a spoon, mash the beans until smooth and creamy. Set aside.
3. Fill the bottom of a steamer pan one-third full of water and bring to a boil. Add the pandanus leaves to the water. Line the steamer rack with a damp, doubled-layered piece of cheesecloth. Place the sticky rice on top, making sure to spread it out so that it cooks evenly. Cover and steam until the rice is cooked but still firm, about 20 minutes.
4. While the rice is steaming, combine the coconut milk and 4 tablespoons of the sugar in a small saucepan and heat just until the sugar is dissolved. Remove from heat and set aside.
5. Transfer the cooked sticky rice to a bowl. Add the coconut milk and stir gently with a fork or chopsticks.
6. Combine the sesame seeds, peanuts, salt, and the remaining 3 tablespoons of sugar in a small bowl. To serve, transfer about ½ cup of sticky rice to each plate. Dab 1

tablespoon of mung bean paste on top, then sprinkle with the shredded coconut and sesame seed mixture. Serve warm or at room temperature with the remaining sesame seed mixture on the side.

**Recipe credit:** Mai Pham, as presented at the 2007 Worlds of Flavor International Conference & Festival.

# BRAISED CARAMEL PORK WITH PEANUTS AND GINGER

*Yield: 4 portions*

<b>Ingredients</b>	<b>Amounts</b>
Peanut oil	2 Tbsp.
Sugar	3 Tbsp.
Garlic, chopped	1 Tbsp.
Pork spareribs, 2" lengths, cut into individual chunks	2½ lb.
Shallots, sliced	3 Tbsp.
Soy sauce	1 Tbsp.
Fish sauce	3 Tbsp.
Ginger, fresh, 3" piece, peeled, cut into 6 slices	1 ea.
Yellow onion, medium, cut into wedges	2 ea.
Star anise, lightly toasted in a pan on low heat for 20 seconds	4-6 ea.
Dried red chile pods, small, lightly toasted in a dry pan for 2 seconds (optional)	4-6 ea.
Raw peanuts, shelled, boiled until tender	1 cup
Salt,	to taste
Cilantro, sprigs, cut into 1" lengths	6-7 ea.

## **Method**

1. Heat the peanut oil in a large saucepan over moderate heat. Add the sugar and garlic and stir until they turn brown (but not burnt and black).
2. Add the spareribs, shallots, soy sauce, and fish sauce, and simmer 2 minutes. Add the ginger and enough water to cover the spareribs by 2 inches. Bring to a boil, then skim off any impurities that rise to the top and discard.
3. Reduce the heat to a simmer and cook for 30 minutes, then add the onions, star anise, chiles, and peanuts. Cook until the meat is tender, about 20 more minutes. If necessary, adjust the seasoning by adding salt. Garnish with cilantro and serve immediately with rice.

**Recipe credit:** Mai Pham, as presented at the 2007 Worlds of Flavor International Conference & Festival.

## GINGER-LIME DIPPING SAUCE

*Yield: 2/3 cup*

<b>Ingredients</b>	<b>Amounts</b>
Garlic cloves, sliced	2 ea.
Fresh Thai bird chiles, or any chiles, chopped, and/or 1 tsp. ground chili paste	2 ea.
Fresh ginger, very finely minced	2 Tbsp.
Fish sauce	1/4 cup
Fresh lime juice, preferably with pulp	2 Tbsp.
Water	1/4 cup
Sugar	4 Tbsp.

### **Method**

1. Place the garlic, chiles, chili paste (if using), and ginger in a mortar and pound into a paste. Transfer to a mixing bowl and add the remaining ingredients and mix until well blended.
2. Transfer to a glass jar and cover with a tight lid. If refrigerated, the sauce will keep up to 3 weeks.

**Note:** Tangy, spicy, and cleanly flavored, this sauce is great with steamed chicken or duck, or with pan-fried fish and grilled meats.

**Recipe credit:** Mai Pham, as presented at the 2007 Worlds of Flavor International Conference & Festival.

# VIETNAMESE RICE NOODLE SOUP WITH CHICKEN *PHO GA*

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
<i>Broth</i>	
Chicken backs, skin removed	3 lb.
Whole chicken (about 3½ lb.), split in half	1 ea.
Ginger, 4" piece, cut in half lengthwise, lightly bruised with the back of a knife, charred	1 ea.
Yellow onions, peeled, charred	2 ea.
Fish sauce	¼ cup
Sugar	2 Tbsp.
Star anise pods, lightly toasted in a dry pan for 2 minutes	10 ea.
Whole cloves, lighted toasted in a dry pan for 2 minutes	6 ea.
Whole peppercorns	1 tsp.
Sea salt	1 Tbsp.
<i>Noodle assembly</i>	
Dried rice sticks, 1/16" wide, cooked	1 lb.
Bean sprouts	1 lb.
Yellow onion, sliced paper thin	½ ea.
Scallions, cut into thin rings	3 ea.
Cilantro, chopped	1/3 cup
Sprigs fresh Asian basil	20 ea.
Saw-leaf herb (optional)	12 ea.
Thai bird chiles, or 1 serrano, thinly sliced	3 ea.
Lime, cut into 6 wedges	1 ea.

## **Method**

1. In a large stockpot, bring 5 quarts of water to a rolling boil. Add the chicken backs and the chicken pieces. Boil vigorously for 3 minutes, then reduce the heat to a simmer. Skim the surface as necessary to remove any fat or foam. Add the charred ginger and onion. Cook until the chicken is just done, about ½ hour. Remove the chicken and set it aside to cool. Place the star anise, cloves, and peppercorns in a spice bag and add to the pot.
2. Let the broth cook for a total of 1½ hours. Remove and discard the spice bag. Reduce the heat to very low.

3. Remove the skin from the chicken and discard. Hand-shred half of it into bite-size strips. (Save the other half for another use like chicken salad. You don't need much to garnish *pho*, but you need a whole chicken to make a good broth.)
4. To serve, place the cooked noodles in the preheated bowls. (If the noodles are not hot, reheat in a microwave or briefly dip in boiling water.) Place some yellow onions and shredded chicken on top. Bring the broth back to a rolling boil, then ladle 2 cups into each bowl. Top with scallions and cilantro. Invite guests to garnish their bowls with bean sprouts, fresh herbs, chiles, and squeezes of lime.

**Recipe credit:** Mai Pham, as presented at the 2007 Worlds of Flavor International Conference & Festival.

# POMELO SALAD WITH SHRIMP

*Yield: 4 portions*

<b>Ingredients</b>	<b>Amounts</b>
<i>Dressing</i>	
Garlic clove, thinly sliced	1 ea.
Thai bird chile, chopped	1 ea.
Fish sauce	1½ Tbsp.
Lime juice	1-2 Tbsp.
Palm sugar or brown sugar	1 Tbsp.
Shrimp, medium sized, peeled and deveined	12 ea.
Lemon grass, minced	1 Tbsp.
Salt	to taste
Vegetable oil	3 Tbsp.
Pomelo, peeled, separated into bite-size segments	1 ea.
Red cabbage, finely shredded	½ cup
Fried shallots	3 Tbsp.
Coconut flakes, lightly toasted	3 Tbsp.
Cilantro, chopped	2 Tbsp.
Almonds, sliced and lightly toasted	4 Tbsp.

## **Method**

1. Using a mortar and pestle, pound the garlic and chile into a coarse paste. (You can also do this by finely chopping with a knife.) Transfer to a small bowl. Add the fish sauce, lime juice, and sugar; stir well and set aside.
2. In another bowl, combine the shrimp, lemon grass, and salt. Add the oil and marinate 20 minutes.
3. To serve, grill or pan sear the shrimp and set aside.
4. In a large mixing bowl, combine the shrimp, half of the dressing, the pomelo, red cabbage, shallots, coconut flakes, cilantro, and almonds, and toss gently. Taste for balance; add the remaining dressing if necessary.

**Recipe credit:** Mai Pham, as presented at the 2007 Worlds of Flavor International Conference & Festival.

# HUE SALAD ROLLS WITH SHRIMP AND PORK

*Yield: 4 appetizer-sized portions*

<b>Ingredients</b>	<b>Amounts</b>
Pork shoulder or pork butt, untrimmed, about 2" x 4" piece	½ lb.
Raw shrimp, medium, unpeeled	12 ea.
Rice papers, round, 12", or tapioca starch paper	8 ea. (plus extra)
Red leaf lettuce, small, leaves separated, washed and patted dry	1 hd.
Bun (rice vermicelli or rice sticks), boiled 4 minutes, rinsed and drained	4 oz.
Bean sprouts	1 cup
Mint leaves	½ cup
Lemon Grass Peanut Sauce (recipe follows)	½ cup

## **Method**

1. Cook the pork in boiling salted water until it's just done, about 20 minutes. Keeping the pork in the liquid, remove the pot from the heat and set aside.
2. Remove the pork from the pot and drain. When the pork is cool enough to handle (refrigerate if necessary), slice thinly, about 1 inch by 2½ inches. Place on a plate and set aside.
3. Bring another small pot of water to a boil. Add the shrimp and cook until they turn pink, about 2 minutes.
4. Remove from heat and rinse the shrimp under running water. Set aside to drain. When they're cool enough to handle, shell, devein, and cut the shrimp in half lengthwise. Refresh in cold water and set aside.
5. Set up a salad roll "station." Line a cutting board with a damp, smooth kitchen towel. Fill a large mixing bowl with hot water and place it nearby. (Keep some boiling water handy to add to the bowl.) Arrange the ingredients in the order they will be used: Shrimp, pork, rice vermicelli, bean sprouts, mint, and lettuce.
6. Working with 2 rice paper sheets at a time, dip 1 sheet, edge first, in the hot water and turn to it wet completely, about 10 seconds. The rice paper should become pliable immediately.
7. Lay the sheet down on the towel. Repeat with the other rice paper and place it alongside the first. This allows you to work with 1 sheet while the second is being "set."
8. Line the bottom third of the rice sheet with 3 shrimp halves, cut side up, and top with 2 slices of pork. Add 1 tablespoon of rice vermicelli, 1 tablespoon bean sprouts, and 4 to 5 mint leaves. Arrange the ingredients so the rolls will end up being 5 inches long and 1 inch wide.

9. Halve a lettuce leaf lengthwise along the center rib. Roll up lengthwise in 1 piece and place on the filling. While pressing down on the ingredients, fold over the filling. Then fold in the 2 sides and roll into a cylinder. If the paper feels thick, stop at three-quarters of the way and trim the end piece. (Too much rice paper can make the rolls chewy.) Repeat with the remaining rice papers and filling.
10. To serve, cut the rolls into 2 or 4 equal pieces and place them upright on a plate. Or, if you prefer, serve the rolls whole, with the lemon grass peanut sauce on the side.

**Recipe credit:** Mai Pham, as presented at the 2007 Worlds of Flavor International Conference & Festival.

# LEMON GRASS PEANUT SAUCE

*Yield: 2 cups*

<b>Ingredients</b>	<b>Amounts</b>
Peanut flour	4 Tbsp.
Water	1¼ cups
Peanut oil	1½ Tbsp.
Yellow onion, minced	¼ cup
Garlic, minced	2 tsp.
Chiles, fresh, chopped, or to taste	1 Tbsp.
Lemon grass, chopped	2 Tbsp.
White vinegar	4 Tbsp.
Sugar	4 Tbsp.
Oyster sauce	3 Tbsp.
Fish sauce	1 Tbsp.
Peanuts, roasted, finely chopped, plus extra for garnish	¼ cup

## **Method**

1. Combine the peanut flour with the water; stir well and set aside.
2. Heat the peanut oil in a saucepan over moderate heat. Add the onions, garlic, half of the chiles, and the lemon grass. Stir until fragrant, about 1 minute.
3. Add the peanut flour mixture, vinegar, sugar, oyster sauce, and fish sauce and bring to a boil. Stir in the peanuts and simmer until sauce thickens, another 2 to 3 minutes.
4. Transfer to a bowl. Garnish with the remaining chiles and peanuts.

**Recipe credit:** Mai Pham, as presented at the 2007 Worlds of Flavor International Conference & Festival.

# JUNGLE CURRY WITH CHICKPEAS AND KABOCHA SQUASH

*Yield: 4 portions*

<b>Ingredients</b>	<b>Amounts</b>
Vegetable oil	1 Tbsp
Garlic, minced	½ tsp
Shallots, minced	1 tsp
Thai yellow curry paste	1-2 Tbsp
Asian ground chili paste or dried red chile flakes	½ tsp., or to taste
Unsweetened Thai coconut milk, 19 oz. can	1 ea.
Soy sauce	2 Tbsp.
Salt	to taste
Yellow onion, cut into large cubes	1 ea.
Canned chickpeas	1 cup
Kabocha squash, cubed, blanched	2 cups
Green beans, blanched	1 cup
Tomatoes, cut into thin wedges	2/3 cup
Water	¼ cup
Kaffir lime leaves, cut into slivers	3-4 ea.
Thai basil leaves, roughly torn	¼ cup

## **Method**

1. Heat the oil in a saucepan over moderate heat. Add the garlic and shallots and stir until fragrant, about 15 seconds.
2. Add the curry paste and chili paste and stir for 10 seconds. Remove ½ cup of the top creamy layer of the coconut milk and add to the pan. Stir and cook until the paste is bubbly and the oil begins to separate, about 2 minutes.
3. Add the remaining coconut milk, soy sauce, salt, onions, and chickpeas. Reduce heat and simmer until the onions are soft, about 5 minutes. Add the kabocha squash, green beans, tomatoes, and water. Continue to cook for another 4 to 5 minutes. Add the kaffir lime leaves and basil and serve immediately with white or brown rice.

**Recipe credit:** Mai Pham, as presented at the 2007 Worlds of Flavor International Conference & Festival.