

Hand Rolls with meat & prawns



Ingredients

10	pc	Dried rice paper
100	gr.	Boiled pork, prawn & crispy tofu
½	gr.	Peanut
½	gr.	Dry shallot
50	gr.	Fresh rice noodle
30	gr.	Sliced green mango
50	gr.	Salad and herbs (mints, basils, corianders)
30	gr.	Chive onions
100	gr.	Fish sauce (pls see recipe)

Preparation of the hand roll

Spread dried rice paper on the plate. put a little of each item above mentioned (salad, meat, prawns, pickle, fresh noodle, green mango dry shallot, peanut, boiled sliced pork or boiled prawn depending on your favor) in the middle of rice paper, fold 2 corners together in the same edge, then roll up to the half of rice paper and add chive onion for decoration, continue rolling up to the end)

Decorate with the fresh herbs and served with fish sauce dip

Vietnamese Peanut sauce dip

6	tbs	Plain fish sauce
3	tsp.	Lime juice
3	tbs	Orange juice
5	tbs.	Sugar
1	tsp.	Red chili, seeded, finely chopped
1	tsp.	Crushed garlic
1	tbs.	Blended peanut (optional)

Preparation: mix all ingredients and stir together.
2 tbs. blended peanut (optional)

Preparation: mix all ingredients and stir together

Vietnamese Cooking Class

Menu

Goi Cuon

Vn handroll with meat & prawns

Canh Chua Ca

Hot and sour fish soup

Main Course

Hai san kho to

Seafood simmered in clay-pot

Introduction

Vietnamese cuisine is not as popular as the Thai but it is just a matter of time to get this wonderful cuisine out to other countries. Vietnamese cuisine is very light, and extremely fresh. Lots of crispy herbs and very fresh raw vegetables are used in the day to day cooking. With the Chinese influence, it is a very fine kitchen, but also the French cuisine had lots of influence, like the baguettes you find on the streets, and the beef ragout. To cook Vietnamese food in other countries than Vietnam could be difficult, as lots of the herbs are only available here. Some herbs can be substituted, some not. For fish sauce and rice flour, it might be wise to stopover at our spice corner, as they might be not so easy to find back home. With this cooking class you will be able to show off back home, and introduce the wonderful Vietnamese kitchen to your friends.

Main Course

Hai san kho to Seafood simmered in clay-pot

Ingredients for the seafood in clay pot

150	gr.	Seafood of your choice (shrimp, squid, fish)
25	gr.	Shallots, sliced
2	tsp.	Corn, peanut or soy-bean oil
1	tsp.	Sugar
1	tsp.	Chicken stock or water
1/4	tsp.	Ground black pepper
2	tsp.	Black caramel (see recipe below)
1/2	tsp.	Plain fish sauce
1	pc.	Large red chili
5	pc.	Spring onions, white part Coriander (decoration only)

Ingredients for the black caramel

(Preparation: let it reduce until becomes dark, and stop the process with adding water. reduce again, till a thick black bitter sauce appears. use canned juice, or regular sugar caramel but slightly more dark or melasse)

Preparation of seafood in clay pot

Prepare all seafood ready to use and heat up a clay-pot till it becomes very hot. Add in some oil and fry the shallots and seafood in the clay-pot. When the color of the shrimps turn orange-red, add the sugar and let the sugar caramelize and then add in the black caramel.

Stop the process by adding the chicken stock or water and reduce the heat.

Add the fish sauce, ground pepper, chili and spring onions and let it simmer under the lid till the seafood is ready.

Decorate the dish with some coriander and serve.

Soup

Canh chua ca Hot and sour fish soup

Ingredients for the soup

100	gr.	Grouper or Seabass (or seafood)
3	ld.	Chicken stock or fish stock
3	nos.	Tomato, seedless cut in wedges
3	gr	South east Asian pineapple, sliced
3	nos.	Okra beans, sliced
1/2	nos.	Sliced big red chili
2	tsp.	Tamarind essence (see recipe) (extra) 1.plain fish sauce (*) 2.castor sugar (*) 3.salt (*)

(*) these ingredients are to slightly adjust the flavor of the soup, so they are very small quantities

Ingredients to place in the bowl

30	gr	banana blossoms
30	gr.	Mint stalk (bac ha), sliced
30	gr.	bean sprouts tai-to, chopped (tai-to) coriander leaves (ngo) chinese coriander (ngo gai)
10	gr.	Shallots, sliced and deep-fried

Preparation of the soup

Boil the chicken stock and add the pineapple, tomato, okra and chili, after that add the fish or seafood and season the soup with the tamarind essence.

Adjust the flavor with some fish sauce, salt or sugar if necessary and add the chili oil. Combine the bean sprouts and mint stalk in a bowl, and add the boiling soup on top, decorate with the remaining ingredients (herbs and deep fried shallots) and serve immediately.

Tip: Chicken stock

Use chicken bones, skin or feet and boil it with some water. chicken and water ratio should be 1/4th of chicken and 3/4th of water. add in some cut carrots, onions, celery and the white part of a leek and bring to boil. let it simmer for 10 minutes, and turn the fire off. let it cool down and strain.