

Food of The World - Tibet & Vietnam

Wilkins Goff & Ivan Velazquez



First Edition, 2009

ISBN 978 93 80075 32 7

© All rights reserved.

Published by:

Global Media
1819, Bhagirath Palace,
Chandni Chowk, Delhi-110 006
Email: globalmedia@dkpd.com

Table of Contents

The best food recipes from Tibet & Vietnam.

Tibetan Meat Dishes

Beef Momos

Yield: 12 - 18 pcs

Ingredients

Dough

- 3 c All purpose flour 1 c Water

Meat Filling

- 1 lb Extra lean ground beef
- 1 ea Onion; chopped 1/2 lb Daikon, spinach or cabbage, -chopped fine
- 1 Garlic clove; minced
- 1 ts Fresh ginger; grated
- 2 ea Green onion; chopped (white -and green both; no roots)
- 2 tb Fresh cilantro; chopped
- Salt

Directions

Mix flour and the water; knead and form into a ball. Let rise covered with a wet towel or plastic wrap for 30 min. Bring a large pot of water to the boil. Cut dough into 12 - 18 pieces and roll into small flat circles. Mash together all filling ingredients. Place a spoonful of filling on each dough circle, folding over and crimping to seal. Place momos in a steamer and steam on high for 30 min.

Serve with a mild tomato salsa, "Tsal", made from chopped tomatoes, cilantro, green onions and garlic, and/or Sriracha sauce and/or soy sauce.

Lamb Momos

Yield: 12 servings

Ingredients

Dough

- 2 c All-purpose flour 3/4 c Hot water

Momos Filling

- 8 oz Lean ground lamb
- 1/2 Onion, finely chopped
- 1 c Chopped raw kale
- 1/2 c Cilantro, chopped
- 3 Cloves garlic, chopped
- 1 tb Chopped fresh ginger
- 1 1/2 ts Curry powder
- 1 tb Sherry, vermouth or brandy
- 2 ts Flour
- 2 ts Soy sauce
- 1/2 ts Cayenne pepper or 1/2 ts Hot chili paste

Khote Filling

- 2 tb Butter
- 1 Chopped onion
- 3 Cloves garlic, chopped
- 3 Jalapeno Peppers, Sliced
- 1 ts Cumin 1
- 1/2 ts Curry powder
- 1/2 ts Dry ground ginger
- 1/2 ts Tumeric
- 1 1/2 c Raw broccoli, chopped
- 1/2 Red bell pepper, chopped
- 1 1/2 c Mashed Baking Potatoes
- 1/4 c Chopped cilantro
- 2 tb Yogurt
- Juice of 1/2 lime
- Salt and Cayenne to taste
- 1 Bunch Kale to line steamer

Directions

- Dough:** 1. Pour hot water over flour; mix with fork. When cool enough to handle, finish mixing with your hands until dough holds together. Wrap in plastic and refrigerate until chilled through.
2. Work one piece of dough at a time; pinch off a walnut-sized chunk, shape into a ball, knead several times, then roll flat on a floured board.
3. Place dough circle in the palm of your hand; in the middle of the dough, place about 1 tbsp filling. Bring up edges and seal at top with little gathers. Leave a tiny hole at top for steam to escape during cooking.
4. Line steamer or bottom of skillet with kale leaves. Top with a layer of dumplings and steam over boiling water 15 to 20 minutes. If using a skillet use just enough water to cushion the Momos; replenish water as needed. Serve immediately, pairing Momos with

soy sauce, ginger, and vinegar. May also be served with Achar.

Momos Filling: Combine all ingredients.

Khote Filling: 1. Melt butter in skillet. Add onion and garlic and cook over low heat until onion is limp. Add chiles and spices and cook a minute or two longer.

2. Add broccoli and red bell pepper. Cook until they are crisp-tender; then add mashed potatoes, cilantro, yogurt, lime, and salt and cayenne to taste.

Shamday - Tibetan Curry

Serves: 2 Preparation and Cooking time: 30 minutes

Ingredients

- 1 small Onion
- 3 cloves of Garlic
- 1 small piece of Ginger
- 1 teaspoon of Salt
- 1 Tomato
- 2 large Potatoes
- 1 teaspoon of Ground Tumeric
- 1 small packet of Bean Thread Noodles
- Lamb or Beef
- 1 handful of Seaweed
- Sesame Oil

Directions

Soak the bean thread noodles and the seaweed in cold water and leave for 10 minutes. Peel the potatoes and cut into cubes. Dice the meat into cubes. Vegetarians can substitute tofu (bean curd) for meat. Finely chop the onion, garlic and ginger. **Directions** Fry the onion, garlic and ginger in a deep sauce pan. Add the tumeric, salt and sesame oil. Stir well. Add the diced meat and potatoes. Stir well. Add 1 pint of cold water and cook for 20 minutes (Gas mark 4). Once the meat and potatoes are cooked take the bean thread and cut into small pieces, rinse the seaweed, add to the curry. Cook for another 5 minutes. Lastly, season to taste and add the tomato. Serve hot with boiled rice.

Tibetan Noodle Stew

Serves 4

Ingredients

- 2 cups cavatelli or other thin tube-shaped pasta
- 1 Tbs. canola oil
- 2 onions, thinly sliced (about 1 1/2 cups)
- 8 garlic cloves, thinly sliced
- 1 Tbs. minced fresh ginger
- 4 oz lean lamb, thinly sliced (optional)
- 2 tomatoes, cut into 1/4 inch dice
- 4 cups Chicken Stock or Vegetable Stock
- 3-4 Tbs. tamari or soy sauce
- 2 tsp. hot paprika, or to taste
- 4 cups stemmed, washed spinach leaves

Directions

1. Cook the cavatelli in 4 quarts of boiling water until al dente, about 8 minutes. Drain in a colander, rinse with cold water until cool, and drain again.
2. Heat oil in a wok or large saucepan, preferably nonstick. Add the onions, garlic, and ginger and cook over medium heat until nicely browned, about 5 minutes. Stir in the lamb, if using, and tomatoes and cook until the lamb loses its rawness, about 2 minutes.
3. Stir in the stock, tamari or soy sauce, and paprika and bring to a boil. Reduce the heat and simmer the stew until richly flavored and the lamb is tender, 5 to 10 minutes. Stir in the cavatelli and simmer for 2 minutes. Stir in the spinach leaves and cook until wilted, about 1 minute. Correct the seasoning, adding tamari or paprika to taste.

294 Calories per serving;
12 G Protein;
5 G Fat;
1 G Saturated Fat;
53 G Carbohydrate;
818 MG Sodium;
0 MG Cholesterol.

Then Thuk - Noodle Soup

Serves: 2 Preparation and Cooking time: 25 minutes

Ingredients

- 1 small Onion
- 3 cloves of Garlic
- 1 small piece of Ginger
- 1 teaspoon of Salt
- 1 small piece of Mouli Spinach (frozen or fresh)
- lamb or beef
- 1 table spoon of Soya Source
- 2oz Plain Flour
- 1 table spoon of Oil

Directions

Knead the plain flour into a dough using only cold water. Cover and leave for a while. Meanwhile, peel the mouli, cut it in half and slice thinly. Wash fresh spinach leaves and chop into large chunks. If frozen spinach is used defrost thoroughly. The amount used depends on presonal taste. Chop the onion, garlic and ginger. Cut the meat into strips and slice thinly.

Fry the onion, garlic and ginger in a deep sauce pan. Add the meat and soya sauce. Stir well. Add two pints of cold water and the sliced mouli. While the water is boiling, take the dough and roll it thinly into a large chapati-like shape. Cut the dough into long strips 2 inches wide. Take the strips and tear them into small pieces. Throw the pieces straight into the boiling water. Cook for 5 minutes. Lastly, add the spinach and season to taste. Simmer for a few minutes. Serve hot.

Sherpa Momos

Ingredients

Meat Filling

- 4 chicken breast halves, meat removed and minced
 - 2 minced onions
 - 5 cloves garlic (or to taste), diced
 - 1 large piece ginger to taste, diced
 - 1-2 tablespoons soy sauce
 - salt, paper and accent to taste
 - 1 teaspoon garam masala* optional
 - a little oil or ghee (clarified butter) to moisten
- Mix these ingredients together well**

Vegetable Filling

- onion, cabbage, green beans and cauliflower all finely chopped and lightly steamed or blanched until slightly limp, enough to make about 3-4 cups. season with minced garlic, ginger, soy sauce, salt and accent to taste, using the above recipes as guidelines
- 1 teaspoon garam masala* optional
- a little oil or ghee (clarified butter) to moisten

Dough

- 3-4 cups flour and enough cold water to make a smooth dough. Knead lightly and break off small pieces, rolling each into a thin round about 3 1/2 inches in diameter.

Directions

Put a heaping teaspoon of the filling in the middle of each dough round. Form the momo in any of the following traditional shapes, using one hand to pleat or pinch and the other to both hold the momo and keep the filling from oozing out:

- 8-pleated half moon shape;
- 6-pleated round shape, with the pleats in the center like a top- knot;
- the 9-pleated half moon shape with the ends brought around to almost touch; or
- the fluted half moon shape in which the ends have been brought around and pinched together to form a circle.

Arrange on a steamer coated with vegetable oil spray and steam, covered 10-15 minutes. Serve with a dipping sauce. I like soy sauce mixed with a little rice vinegar and sugar or chilli paste.

Sha-Balé- Meat Pastry

Serves: 4 or 5

Ingredients

3 finely chopped medium Onions

- 1 tablespoon of freshly ground Ginger and Garlic
- 2 tablespoons of Cooking Oil
- 1/2 teaspoon Ground Cumin
- 1 tablespoon of Cooking Salt
- 2 tablespoons of Soya Sauce
- 1 teaspoon of Sesame Oil
- 2 tablespoons of Hot Water
- 2lb Minced Lamb or Beef

- 6 cups of Self-Raising Flour
- Cold Water

Ingredients

1. Add the cold water to the flour a little at a time.
2. Knead the dough for about 4-5 minutes.
3. Leave the dough to stand for a while at room temperature.

1. Add the hot water, chopped onion, oil, salt and spices to the mince and mix them well.
 2. Roll out the dough as thin as possible (on a well floured surface) and cut them into 4 inch rounds.
 3. Put 2 teaspoons of the meat mixture on the round and flatten it down a little.
 4. Put another round on top and pinch the edges together tightly.
 5. Deep fry the sha-balé in moderately hot oil (only cook a few at a time).
 6. Drain thoroughly on kitchen roll.
 7. Sha-balé can also be shallow fried on a low gas (but remember to fry the mince and onions first).
 8. Serve the sha-balé hot with chilli sauce.
-

Kongpo Shaptak (Kongpo-style Browned Beef)

4 servings

Ingredients

- 1 pound top round beef
- 2 tablespoons oil
- 1 large red onion, chopped roughly
- One half teaspoon paprika
- 2 cloves garlic, chopped
- 1 (1-inch) piece ginger,
- chopped one quarter teaspoon ground emmo (sichuan pepper, available at large grocery stores)
- 1 tomato, chopped roughly
- One and one half tablespoons churu (blue cheese), crumbled
- 1 cup water
- 2 jalapeno chilies, sliced thinly on diagonal

Directios

Cut the beef into thin slices about one eighth inch thick and one and one half to 2 inches square.

Heat the pan over high heat and add the oil. Fry the onion until brown with the paprika, garlic, ginger and emmo. Add the beef and stir-fry until cooked through. Add the tomato and the cheese, and cook until the cheese melts. Add the water and stir in the chilies, cooking for a few minutes more. Serve with bread or rice.

Tibetan Spring Soup

Yield: 4 servings

Ingredients

- 1 chopped onion
- 1 tb mixed chopped garlic and -ginger
- 1 lb diced beef
- 1 pt water
- 1 handful chopped mooli root -vegetabl; e, (or 1 radish, chopped)
- 1 c plain pastry chopped into -tiny piec; es
- 1 handful lettuce
- 1 tbspoon chopped coriander

Directios

Fry the onion, garlic and ginger together for a minute and add the beef until it is sealed. Pour in the water and simmer for 5 minutes. Add the mooli and the small pastry pieces and cook a minute longer.

At the end, drop in the lettuce and coriander and serve good and hot.

Mar Jasha (Butter Chicken)

Ingredients

Marinade

- 1 whole chicken cut up,
- 1 tbsp tandoori masala,
- 1/2 tbsp garam masala (cloves, cinnamon and cardamom powdered)
- 2 tbsp lime juice,
- 1/2 tsp cummin powder (jeera),
- 5 tbsp of yoghurt,
- salt

Curry

2

- tomatoes puree in a blender,
- 2 onions chopped,
- 1 tbsp ginger-garlic paste,
- 15 cashew nuts paste,
- 1 1/2 tbsp butter,
- 3 tbsp cream,
- 1 tsp chili powder,
- oil

Directions

Marinate the chicken in the marinade for 1 whole hour. Heat oil in a non stick pan and fry the chicken for 10 mins. Remove the chicken and keep aside. In the remaining oil fry the chopped onions till golden , then add the ginger-garlic paste and fry sprinkling little water now and then till oil separates. Add the cashew paste, chilli pd, tomato paste and cook for 10 mins. Add the butter and the cream and the chicken. Mix well and cook till done . Garnish with cilantro.

Lamb Curry (Luksha Shamdeh)

Ingredients

- 1 cup plain yoghurt
- 1 tsp paprika
- 1 tsp curry powder
- 1 tbsp soy sauce
- 1 tsp each of ginger/garlic

- **1 lb bonelss leg of lamb cubed**
- **3 large onions coarsely chopped**
- **1 tbsp oil**
- **4 inch pce of cinnamon stick**
- **1 star anise**
- **5 whole cloves**
- **3 bay leaves**
- **4 tomatoes**
- **3 large potatoes quartered**

Directions

In large bowl, combine yogurt, paprika, curry powder, soy, garlic and ginger. Add lamb, mixing to coat, marinate several hours (overnight if you want). In a large saucepan, over medium high heat, sauté onions in oil several minutes until translucent. Add cinnamon, star anise, cloves and bayleaves. Cook several minutes until onions brown. Add lamb and marinade; bring to boil over high heat, then add tomatoes. Lower heat to medium. Cook, uncovered, 20 minutes. Reduce heat to low. Simmer, covered 40 minutes.

Meanwhile, in a separate saucepan, boil potatoes until just cooked (10 to 15 minutes). Stir into the curry for the final 5 minutes of cooking to even out and combine the flavours. Remove the cloves, bay leaves, star anise and cinnamon. Makes 4 servings. If you wish you can accompany this with a pita or some rice as a side dish.

Tibetan Vegetable Dish

The Dalai Lama's Momos

"These momos, or dumplings, are a traditional Tibetan favorite.

Ingredients

For the Filling

- **1 pound potatoes**
- **3 tablespoons olive oil**
- **6 onions, chopped**

- 12 ounces mushrooms, chopped
- 12 ounces grated cheese*
- 1 bunch fresh coriander, chopped
- Pinch of paprika Salt and pepper, to taste *Consider substituting parmesan, asiago, or Sonoma dry jack for yak cheese

For the Dough

- 1 pound plain flour
- 1-3/4 to 2-1/3 cups water

For the Soup

- 2 tablespoons olive oil
- 1 onion, chopped
- 2 tomatoes, skinned and chopped
- 1 tablespoon chopped coriander
- 1 vegetable stock cube
- 1-3/4 cups boiling water

Directions

To make the filling, boil and mash the potatoes. Leave to cool. Heat the olive oil in a saucepan and cook the onions for 5 minutes until soft. Add the mushrooms, cover, and cook for 5 minutes or until soft. Leave to cool. When all the vegetables are cooled, mix with the grated cheese, chopped coriander, salt, and pepper

To make the dough, mix the flour with enough water to form a smooth dough.** Roll out, but not too thinly. Cut into rounds with a 2" pastry cutter. Taking each round, press the edges with your thumb and first two fingers, working around the circle.*** On one side of the round, place a tablespoonful of the cooled vegetable mixture, then fold over and press the edges together, making sure they are well sealed. Alternatively, hold the round in one hand, and with your thumb and forefinger gather the edges into a pleat at the top and seal.

Fill a small steamer with water, first boiling the rack so the dumplings do not stick.**** Bring the water to a boil. Place the momos on the steamer rack, spacing them well apart as they will expand and stick together if they are too close. Steam for 20 minutes, or until they are firm and glossy. To make the soup, heat the olive oil in a saucepan, add the onion, and cook till soft. Add the tomatoes and chopped coriander and cook for 5 minutes. Dissolve the stock cube in the boiling water and add to the pan. Bring to a boil and simmer for 15 minutes.

Serve in small bowls as an accompaniment to the dumplings.

***** **I briefly knead the dough until it is smooth.

*** Doing this makes the edges a little thinner than the center so that when you fold the edges together and pleat them, they're not too thick and your momos will cook evenly.

****If you don't have a metal steamer, a bamboo steamer sprayed with vegetable oil spray works well. Momo can also be fried on each side until they are golden brown

. *****In addition to the soup, you might want to try a Kathmandu-style momo dipping mixture of soy sauce combined with a little rice vinegar and chili-garlic sauce.

Tibetan Noodle Stew

Serves 4

Ingredients

- 2 cups cavatelli or other thin tube-shaped pasta
- 1 Tbs. canola oil
- 2 onions, thinly sliced (about 1 1/2 cups)
- 8 garlic cloves, thinly sliced
- 1 Tbs. minced fresh ginger
- 2 tomatoes, cut into 1/4 inch dice
- 4 cups Chicken Stock or Vegetable Stock
- 3-4 Tbs. tamari or soy sauce
- 2 tsp. hot paprika, or to taste
- 4 cups stemmed, washed spinach leaves

Directions

1. Cook the cavatelli in 4 quarts of boiling water until al dente, about 8 minutes. Drain in a colander, rinse with cold water until cool, and drain again.
2. Heat oil in a wok or large saucepan, preferably nonstick. Add the onions, garlic, and ginger and cook over medium heat until nicely browned, about 5 minutes. Stir in the tomatoes and cook for about 2 minutes.
3. Stir in the stock, tamari or soy sauce, and paprika and bring to a boil. Reduce the heat and simmer the stew until richly flavored and the lamb is tender, 5 to 10 minutes. Stir in the cavatelli and simmer for 2 minutes. Stir in the spinach leaves and cook until wilted, about 1 minute. Correct the seasoning, adding tamari or paprika to taste.

294 Calories per serving;
12 G Protein;
5 G Fat;
1 G Saturated Fat;
53 G Carbohydrate;

818 MG Sodium;
0 MG Cholesterol.

Then Thuk - Noodle Soup

Serves: 2 Preparation and Cooking time: 25 minutes

Ingredients

- **1 small Onion**
- **3 cloves of Garlic**
- **1 small piece of Ginger**
- **1 teaspoon of Salt**
- **1 small piece of Mouli Spinach (frozen or fresh)**
- **1 table spoon of Soya Source**
- **2oz Plain Flour**
- **1 table spoon of Oil**

Directions

Knead the plain flour into a dough using only cold water. Cover and leave for a while. Meanwhile, peel the mouli, cut it in half and slice thinly. Wash fresh spinach leaves and chop into large chunks. If frozen spinach is used defrost thoroughly. The amount used depends on personal taste. Chop the onion, garlic and ginger. Cut the meat into strips and slice thinly.

Fry the onion, garlic and ginger in a deep sauce pan. Add the meat and soya sauce. Stir well. Add two pints of cold water and the sliced mouli. While the water is boiling, take the dough and roll it thinly into a large chapati-like shape. Cut the dough into long strips 2 inches wide. Take the strips and tear them into small pieces. Throw the pieces straight into the boiling water. Cook for 5 minutes. Lastly, add the spinach and season to taste. Simmer for a few minutes. Serve hot.

Tukpa: Tibetan Noodle Soup

A traditional Tibetan dish, often served as the evening meal.

Serves 4

Ingredients

- 1/4 C. butter
- 1 1/2 Tbsp. fresh ginger root, minced
- 1 1/2 Tbsp. fresh garlic, minced
- 1 c. red onion, diced
- 1 tsp. turmeric
- 1 tsp. curry powder
- 1 tsp. chili powder
- 1 tsp. Kopan masala
- 1 c. potato, parboiled and cubed
- 1 c. fresh tomatoes, chopped
- 4-5 c. water
- 1/4 lb. fresh flat egg noodles (I use 1 9-oz. plastic pkg. egg linguine)
- 1/2 c. fresh spinach, chopped
- 1-2 Tbsp. soy sauce
- 1 tsp. salt
- 1/4 tsp. ground black pepper

Directions

- Melt butter in a saucepan over medium heat.
- Add ginger, garlic, and red onion. Stir-fry over medium to medium-high heat for 1 minute.
- Add turmeric, curry powder, chili powder, and masala. Mix well and stir fry for 1/2 a minute.
- Add potatoes and tomatoes. Stir-fry 1 more minute.
- Add water and bring to a boil.
- Add egg noodles and boil for 5 minutes. Stir occasionally.
- Add spinach and boil for another 1-2 minutes. If soup is too thick, add more water.
- Season with soy sauce. Salt and pepper to taste.
- Remove from heat and serve hot.

Potato Soup

Yield: 8 servings

Ingredients

- 1/4 c Butter

- 1 tb Minced ginger root
- 1 tb Minced garlic
- 1 c Diced red onion
- 1/2 ts Turmeric
- 1/2 ts Chili powder
- 1/2 ts Kopan Masala
- 3 c Mashed potato
- 4 c Water
- 1 c Diced tofu
- 1 c Spinach leaves, chopped
- 1 1/2 ts White vinegar
- 1 tb Soy sauce
- 2 ts Salt
- 1/2 ts Black pepper
- 2 tb Chopped green onion
- 2 tb Chopped cilantro

Directions

Melt butter in large saucepan over medium heat. Add ginger, garlic and onion and stir-fry over medium to medium-high heat for 1/2 to 1 minute. Add turmeric, chili powder and masala. Stir-fry 1/2 minute longer. Add potato and mix. Cook and stir 3 minutes. Add water 1 cup at a time, stirring constantly with wire whisk to prevent lumps from forming.

Stir until mixture is smooth. Add tofu and spinach. Mix well and bring to boil. Add vinegar, soy sauce, salt and pepper. Simmer 5 minutes. If soup is too thick, add water. Add green onions and cilantro and mix well. makes about 8 cups.

Tibetan Barley Soup

"Barley can thrive even on marginal land. You can get pot barley at health food stores. If possible avoid the pearled, or polished, barley, which is less tasty and less nutritious.

Cut up enough mushrooms to measure 2 cups. Melt 2 tablespoons butter (yak butter if available) in a large saucepan and stir in vegetables until they are well coated. Continue cooking over medium heat until softened, stirring occasionally. Mix in 1/4 cup pot barley and then add 4 cups water (preferable from the nearest mountain spring). Bring rapidly to a boil, then simmer about an hour, covered. Just before it is done, add 1 tablespoon shoyu (soy sauce) and a grind or so of pepper, if desired. When the soup is ready, it should be of a chowder-like thickness and the grains should be soft but chewy. There will be a golden sheen on the surface and the heavenly smell will waft you across the Himalayas."

Cold Cucumber Soup with Mint

Ingredients

- 1 hard-boiled large egg yolk
- 1 tablespoon rice vinegar
- 1/2 cup chilled sour cream
- 1 chilled seedless cucumber (about 1 pound), peeled, halved lengthwise, cored, and cut into 1/2-inch pieces
- 1/4 cup fresh mint leaves, washed and spun dry
- 1/2 cup chilled well-shaken buttermilk

Directions

In a bowl with a fork mash together yolk and vinegar to form a smooth paste and stir in sour cream until smooth.

In a blender puree cucumber and mint with buttermilk and salt to taste until smooth.

Add puree to sour cream mixture in a stream, whisking.

Divide soup between 2 chilled bowls.

Potato Curry

(Serves 6)

Ingredients

- 6 cups small potatoes (avoid baking [russet] potatoes as they don't hold up well)
- 1/2 teaspoon fenugreek seed
- 2 Tablespoons oil
- 1 large onion, coarsely chopped
- 3 Tablespoons ginger, minced
- 4 cloves peeled garlic, minced
- 1 teaspoon coriander
- 1 1/2 teaspoons cumin
- 2 teaspoons curry powder

- 1 scant teaspoon turmeric
- 2 tomatoes, coarsely chopped
- 1-2 dried hot peppers, left whole
- Water as needed

Directions

Precook the potatoes in water (or in the microwave) until almost, but not quite, done. Drain thoroughly.

While the potatoes are cooking, saut the fenugreek seed in the oil on medium heat until light brown, being careful not to burn them. Add the onion and continue cooking for five minutes. Add the ginger and garlic and cook another five minutes. Add the spices and saut briefly to release their flavors. Add the tomato, the dried whole peppers, and a little water. Simmer until the flavors meld together.

Cook on medium heat for about 30 minutes. Gently add the potatoes, stir, and reduce heat. Cook until potatoes are tender, adding water if the sauce gets too dry. If the sauce is too runny, simply crush one of the potatoes to thicken it.

Total calories per serving: 274

Fat: 5 grams

Tibetan Vegetable Soup

Yield: 4 Servings

Ingredients

- 2 tb ghee
- 1 tb minced ginger
- 1 tb minced garlic
- 1/2 c onion, diced
- 1/4 c white flour
- 4 c water
- 2 c mixed vegetables, chopped
- 1/2 c chopped tomatoes
- 1 c tofu, drained & diced
- 1/4 c green onions, chopped
- 1 tb tamari sauce
- 1/4 ts black pepper

Directions

Melt ghee & stir-fry ginger, garlic & onion for 1 minute. Add flour & continue to stir fry for fro 3 to 5 minutes, till golden in colour. Add water a little at a time, whisking constantly to keep it smooth. Add vegetables, tomatoes, tofu, green onions & bring to a boil. Add the remaining ingredients. Simmer for 10 minutes. Thin with extra water if too thick. Serve hot.

Tibetan Roast

Serving Size : 4

Instructions

- 1 t Oil
- 4 oz Buckwheat
- 4 oz Onion, diced
- 8 oz Mushrooms, chopped
- 1/4 pt Red wine
- 1/4 pt Vegetable Stock
- 4 oz Walnuts
- 8 oz Spinach
- 1 t Rosemary
- 1 t Sage
- Salt & pepper

Directions

Preheat oven to 375F. Heat oil in a skillet & fry the buckwheat for 2 to 3 minutes. Add onions & mushrooms & cook for a few more minutes.

Pour in the wine & stock & bring to a boil. Reduce heat & simmer for 20 minutes. Add more stock if necessary. Grind the walnuts finely.

Wash & cook spinach without water for 6 minutes. Drain off any excess liquid & chop thoroughly. When buckwheat is cooked, remove pan from heat & let cool slightly. Stir in walnuts & spinach. Mix in the herbs & mix well. Season to taste.

Grease a 1 LB loaf tin & press in the mixture. Bake for 50 to 60 minutes till the top is dark brown & feels firm to the touch.

Let it stand for 10 minutes, then turn out onto a plate. Serve with vegetables & greens.

Cheese soup (Churu)

This exotic mixture combines hot chili with pungent blue cheese, using a spice called emma that is similar to Szechuan pepper. Chop Beef by hand or in a food processor.

Ingredients

- 1/2 onion chopped
- 1/4 tsp each of paprika, ground Szechuan or black pepper
- 1/4 tsp each of minced garlic and ginger
- 1/4 lb beef (such as top sirloin) minced
- 1 jalapeno chili, seeded, finely chopped
- 1/4 tsp vegetable oil
- 2 tbsp blue cheese
- 1 tomato, diced
- 5 cups water
- 1/4 cup cornstarch mixed with 1/4 cup water

Directions

In large saucepan over medium-high heat, fry onion in oil until brown. Stir in paprika, pepper, garlic, and ginger. Add beef, stirring constantly. When almost cooked, add chili.

Reduce to low, add cheese stirring until melted. Add tomato and water. Stir in cornstarch mixture. Bring to a boil while stirring. Cook until mixture thickens slightly. Makes 4 servings.

String Beans with Potatoes (Tema)

Make sure when you are preparing the potatoes, cut them into strips about the same size as the beans.

Ingredients

- 1 tbsp oil
- 1/2 onion chopped
- 2 garlic cloves minced
- 1/2 tsp paprika
- 1 inch pieces fresh gingerroot, peeled and finely chopped
- 2 large potatoes, peeled and finely chopped
- 1 jalapeno chili, seeded and coarsely chopped
- 1/2 tomato, chopped
- 1 lb green beans, cut diagonally in 1 1/2 inch strips
- 1/4 cup water
- 1 tsp soy sauce
- 1/2 small red pepper, thinly sliced
- Salt to taste

Directions

Wash and dry Bean sprouts thoroughly. Put on the rice wine vinegar and sesame oil. You can add more if you want it more zingy. The rice wine and sesame oil add a smokey taste to the bean sprouts. Cover and refridgerate until you're ready to serve. Before you serve add more rice wine and sesame oil. A little salt but only before serving if you need it.

In large skillet, or wok heat oil over high heat. Add onion, garlic, paprika, and ginger. Saute 5 minutes or until onion is soft. Add potatoes, chili and tomato. Stir fry about 5 minutes until tomato is dry. Add string beans and water. Simmer, covered, over a medium high heat 12 to 15 minutes or until beans and potatoes are just tender. Stir in soy sauce, red pepper and salt. Makes 4 servings.

Corn Soup (Ashom Tang)

Corn soup is popular in Dharamsala, served with slight variations at many of the cafés and restaurants that cater to travelers in this colorful mountain town that is the heart of the Tibet community in exile.

Ingredients

- 1/2 onion, chopped
- 1 tablespoon butter (or use oil if preferred)
- 1/4 teaspoon paprika
- 1 clove garlic, finely chopped

- 1/2 inch fresh ginger, finely chopped
- 1 tomato, chopped
- 1 square (12 oz.) firm tofu
- 3 cobs fresh corn and 1 tablespoon cornstarch, or one 15-oz. can creamed corn and 1/2 cup frozen (or canned) whole kernel corn, drained
- 4 cups water
- 1 green onion, chopped

Directions

Sauté the onion in butter or oil in a soup pot until brown and soft.

Add the paprika, garlic, and ginger and cook briefly.

Add the tomato and the tofu, cut into small cubes, along with the water.

If using fresh corn, cut it from the cob and add it to the pot, along with the cornstarch mixed in a little extra water. If using canned and/or frozen corn, add them both now.

Bring to a boil, and simmer for a minute, stirring to prevent sticking.

Sprinkle chopped green onion on each serving

Greens with Tofu (Tse Tofu)

This very quick and easy dish also has lots of visual appeal, with the white tofu standing out against a background of dark green Swiss chard. Serve it with rice.

Ingredients

- 1 bunch Swiss chard
- 2 green onions, chopped
- 1/2 teaspoon paprika
- 2 cloves garlic, chopped
- 1/2 inch fresh ginger, chopped
- 2 tablespoons soy sauce
- 4 blocks firm tofu (12 oz. each), cut into 1-inch cubes
- 1/4 cup green peas
- 1 tablespoon oil
- 1 clove garlic, chopped
- 1/4 teaspoon ground black pepper

Directions

Wash the Swiss chard and tear it into pieces, removing the stems.

Heat a little oil in a frying pan, and stir-fry the green onions, along with the paprika, ginger, and 2 cloves of garlic.

Stir in the soy sauce, tofu, and peas.

In a separate frying pan, heat a tablespoon of oil very hot.

Stir in the black pepper.

Add the Swiss chard, still slightly wet, and toss to coat with the oil and pepper.

Cover the pan and let it steam for 30 seconds.

Spread the greens on a serving platter and pour the tofu mixture on top.

Tibetan Sauces

Dipping Sauce for Momos

Ingredients

- 1 Tbsp soy sauce
- 1 Tbsp vinegar
- 1 Tbsp chile oil
- 1 piece of fresh ginger (about 1/2 inch long), shredded

Directions

Combine all ingredients.

Achar

Yield: 1 cup

Ingredients

- 1/2 onion, chopped
- 2 cloves garlic, chopped
- 1 Tbsp vegetable oil
- 1 tsp Curry Powder
- 2 to 3 jalapenos, thinly sliced
- 2 to 3 tomatoes, chopped
- Salt
- Lime Juice

Directions

Saute onion and garlic in oil until onion is soft. Add Curry Powder, tomatoes and chiles and simmer over low heat until tomatoes are cooked through and mixture has a saucelike consistency. Season with salt and lime to taste

Kopan Masala

A sweet aromatic mixture of dried spices used in many dishes at Kopan Monastery.

Makes 1/2 cup

Ingredients

- 1/3 c. coriander seeds
- 1/4 c. cumin seeds
- 10 black cardamom pods, peeled
- 15 pale green cardamom pods, peeled
- 25 cloves
- 2 cinnamon sticks, broken up
- 1 tsp. black peppercorns
- 1/4 tsp. fresh nutmeg, ground

Directions

- Mix together and grind finely, but not to powder, with a coffee grinder, spice grinder, mortar and pestle, rolling pin, or food processor.

- Stir in an air-tight jar.

Coriander Chili Sauce (Sonam Penzom Sibeh)

There are two versions of this popular Tibetan chili sauce, one with yogurt and one with tomato. The sauce does not keep for longer than a few days because the fresh cilantro loses flavor quickly.

Ingredients

- 1 bunch cilantro
- 4 - 5 small green chilies or 2 jalapeño chilies
- 1/2 cup dried crushed red chilies
- 1 cup yogurt or 1 large tomato
- 4 - 5 cloves garlic
- 1 teaspoon salt
- 1/2 cup water

Directions

Cut the cilantro into short lengths.

If you are using tomato, cut it into quarters.

Place all the ingredients together in a blender and blend until just uniform but still a little chunky.

Tibetan Desserts

Cream Cheese Barfi

(Sweetened Cream Cheese Cake)

Ingredients

- 1.5 lb cream cheese

- 1.5 lb sour cream
- 1 can sweet condensed milk
- 1/2 cup sugar
- 1/3 cup sifted flour
- 1/4 teaspoon baking powder
- 1/4 teaspoon salt
- 1/4 cup almonds, coarsely chopped
- 1/4 cup cashews, coarsely chopped
- 1/4 cup golden raisins
- 1/4 cup coconut, coarsely chopped

Directions

In a food processor, combine cream cheese, sour cream, condensed milk, sugar, flour, baking powder, and salt to a smooth paste-like mixture. Pour into a large bowl. To the cream cheese mixture, add almonds, cashews, raisins, and coconut; fold in thoroughly. Butter a baking dish well and pour the mixture; smooth out the surface and bake at 325°F for 15 to 20 minutes, or until the top is lightly brown. Chill it overnight in refrigerator. To serve, cut into 2-in. cubes and top it with whipped cream.

Sikarni

(Spiced Sweet Yogurt-Pistachio Dessert)

Ingredients

- 4 cups regular yogurt
- 2 cups sour cream
- 1/4 cup double cream
- 2 cups sugar
- 1/2 tsp ground cinnamon
- 1 teaspoon ground cardamom
- 1/4 teaspoon ground nutmeg
- 1 teaspoon saffron
- 1 cup unsalted, shelled pistachio nuts, cut into thin slices

Directions

In a large bowl, mix yogurt and sour cream together.

Pour the yogurt mixture into a large colander with a cheese cloth liner. Allow draining

for about 12 hours.

Transfer the mixture into a mixing bowl. Dissolve saffron in luke warm cream.

To the yogurt mixture add sugar, cinnamon, black pepper, cardamom, nutmeg, dissolved saffron, and pistachio nuts; fold in thoroughly. Chill overnight in refrigerator.

To serve, scoop a cup of chilled dessert into a serving plate, topped with a generous amount of unsalted, shelled, whole pistachio nuts.

Rasbari Dessert

(Cheese Balls in Cream Syrup)

Ingredients

- 4 cups ricotta cheese
- 2 cup cream cheese
- 1 can sweet condensed milk
- 2 cups sugar
- 1/2 cup flour, sifted
- 6 cups half-and-half milk
- 1 teaspoon ground cardamom
- 1 1/2 tablespoon rose water
- 1 teaspoon saffron
- 1/2 cup almonds, sliced into thin slivers

Directions

In a large bowl, combine ricotta cheese, cream cheese, flour, condensed milk, and 1 cup of sugar.

Mix thoroughly to a smooth, stiff mixture. Make 1-in. balls and line them up on the bottom of a well-buttered baking pan.

Bake in oven for 15-20 minutes at 325°F, or until the cheese balls are lightly browned. Transfer cooked cheese balls into a container.

In a sauce pan, pour milk; add cardamom and saffron. Allow slow simmer, constantly stirring, until the milk has thickened into a syrupy consistency.

Remove from heat. Pour cream syrup over the baked cheese balls. Add rose water and almonds slivers.

Refrigerate overnight. Serve cheese balls with chilled cream syrup.

Khir

(Himalayan Rice Pudding)

Ingredients

- 1 gallon whole milk
- 2 cups cream
- 1/2 cup butter
- 1 cup basmati rice
- 1 cup sugar
- 5-6 cardamom, finely chopped
- 1/4 cup coconut, coarsely shredded
- 1/4 cup golden raisins
- 1/2 cup cashews

Ingredients

In a large cooking pan, heat butter over low heat. Add rice and stir for 2-3 minutes.

Pour milk into the rice mixture. Add cream and sugar; stir thoroughly. Bring to a boil and allow to simmer over low heat, stirring constantly, for about 20 minutes, or until the rice has softened.

Add cardamom, coconut, raisins, and cashews; stir well. Cook for another 10 minutes, or until the rice is cooked soft and the mixture has thickened to consistency of your like.

Chill the pudding overnight in refrigerator. Serve with handful of toasted cashews.

Carrot Barfi

(Carrot Fudge Dessert)

Ingredients

- **2 cups carrots, finely grated**
- **2 cups half-and-half milk**
- **1/2 cup butter**
- **1 cup sugar**
- **1 teaspoon ground cardamom**
- **1/2 cup almonds, thinly slivered**
- **1/2 cup golden raisins**
- **1/2 cup cashew nuts**
- **A dash of red coloring**

Directions

In a cooking pan, combine grated carrots and milk. Bring to a boil and simmer over low heat for an hour, until the carrot has softened.

Add butter, sugar, cardamom, almonds, raisins, and cashews; mix thoroughly. Sprinkle a dash of red coloring and simmer the mixture, stirring continuously, for another 15-20 minutes until the carrot mixture has thickened.

Remove from heat and transfer to a well-butter container; spread into a 2-in. thick layer.

Chill overnight in refrigerator. Cut into 2-in. cubes. Serve chilled, topped with sliced almonds.

Vietnamese Meat Dishes

Vietnamese Spring Rolls (Cha Gio)

1 serving



Ingredients

FILLING

- 2 oz Cellophane noodles, -soaked in warm water for -20 minutes, then drained - and cut into 1-inch lengths
- 1 lb Ground pork
- 1 lg Onion, finely chopped
- 2 tb Tree ears, soaked in warm -water for 30 minutes, then -drained and finely chopped
- 3 Cloves garlic, finely -chopped
- 3 Shallots or white part of 3 -scallions, finely chopped
- 1 cn (7 ounces) crabmeat, -cartilage removed and meat -flaked with fingers
- 1/2 ts Freshly ground black pepper

PREPARATIONS FOR ASSEMBLING

- 20 Sheets dried rice papers -(banh trang)
- 4 Eggs, well beaten
- 2 c Peanut oil

ACCOMPANIMENTS FOR SERVING

- Basic Vegetable Platter
- Carrot Salad
- Double recipe of Nuoc Cham

Directions

Combine the filling ingredients in a bowl and set aside.

Cut a round rice paper sheet into quarters. Place the cut rice paper on a flat surface. With a pastry brush, paint the beaten egg over the entire surface of each of the pieces. Before filling, wait for the egg mixture to take effect, softening the wrappers; this takes about 2 minutes. When you become adept at this, you can work on several wrappers at a time.

When the wrapper looks soft and transparent, place about 1 teaspoon of filling near the curved side, in the shape of a rectangle. Fold the sides over to enclose the filling and continue to roll.

After filling all the wrappers, pour the oil into a large frying pan, put the spring rolls into the cold oil, turn the heat to moderate, and fry for 20 to 30 minutes, until a lovely golden brown. (This is Bach's special method of keeping spring rolls crisp).

To serve the spring rolls, proceed as follows:

Arrange the ingredients for the vegetable platter (lettuce, mint leaves, coriander, and the cucumber slices) according to the directions preceding. Have ready the carrot salad and a bowl of nuoc cham. Each person has a bowl into which he places a bit of lettuce, 2 or 3 mint leaves, some coriander, and 2 cucumber slices. Each person then adds 1 or 2 spring rolls to his bowl, sprinkles with the nuoc cham, and eats the spring rolls and vegetables together, using chopsticks or a fork.

Additional carrot salad may be added to taste.

Another very popular serving method calls for placing the vegetables on a lettuce leaf, adding the spring roll, and rolling it into a cylinder. Holding the cylinder with his fingers, each diner then dips it into his own small bowl of nuoc cham.

NOTE: We have found that frying the spring rolls in peanut oil keeps them crisper than frying in any other oil.

Fresh Spring Rolls

Ingredients

For Filling:

- 3-4 oz dried thin rice stick noodles
- Boiling water, as needed
- 3/4 lb boneless pork loin, in one piece
- 12 large shrimp, peeled and deveined

For Assembly:

- 12 dried large rice paper rounds, each 8 1/2 inches in diameter
- 12 large red-leaf lettuce leaves or other soft, pliable lettuce, stiff stems discarded
- 1 large carrot, peeled and finely julienned, then tossed with 1 teaspoon sugar until softened, about 10 minutes
- 1 small cucumber, peeled and finely julienned
- 12 fresh mint sprigs
- 12 fresh cilantro sprigs, plus extra leaves for filling
- 1 tablespoon coarsely chopped dry-roasted peanuts



Directions

Prepare the dipping sauce; set aside.

FOR FILLING: Place the noodles in a bowl, and add boiling water to cover. Let stand for 1 minute. Drain, rinse with cold water, drain again and set aside.

Place the pork in a saucepan, add water to cover and salt to taste. Bring to a boil. Cover, reduce the heat to medium-low and simmer until opaque throughout, about 20 minutes. Drain and let cool. Cut across the grain into very thin slices about 2 inches long and 1/2 inch wide. Set aside.

Bring a saucepan three-fourths full of water to a boil. Add salt to taste and the shrimp. Boil until they curl slightly and are opaque throughout, 1-2 minutes. Drain and rinse with cold water. Cut each shrimp in half lengthwise, pat dry and set aside.

FOR RICE PAPERS: Dampen several clean kitchen towels with water. Fill a pie plate with cold water. Spread a damp towel on a flat work surface. Dip 1 rice paper round at a time into the water and spread it flat on the towel. Continue dipping and laying the rice papers in a single layer. When you run out of room, lay a damp towel on top of the rounds and continue, always alternating a layer of rice papers with a damp towel. Let the rice papers stand until pliable, about 1 minute or longer.

TO ASSEMBLE: Place 1 pliable rice paper round on the work surface and position a lettuce leaf on the lower third of it, tearing the leaf as needed to make it fit and leaving uncovered a 1-inch border on the right and left edges. Take a small amount (about one-twelfth) of the rice stick noodles and spread in a line across the width of the leaf. Arrange one-twelfth each of the pork slices, carrot and cucumber, and 1 sprig of mint on the noodles. Fold the bottom edge of the rice paper over to cover the ingredients, then roll up tightly one complete turn. Fold in the left and right edges to enclose the filling. Across the top length of the roll, place 1 sprig of cilantro and 2 pieces of shrimp, end to end and cut side down. Finish rolling up the rice paper to contain the shrimp and form a taut spring roll. Set seam-side down on a baking sheet. Cover with a damp towel. Make the remaining rolls in the same way. The rolls may be made several hours in advance; cover

with a damp towel and plastic wrap and refrigerate. Bring to room temperature before serving.

Divide the sauce among individual dipping saucers and then divide the peanuts evenly among the saucers. Serve the rolls with the sauce.

Barbecued Shrimp Paste on Sugar Cane

(Chao Tom)

1 servings



Ingredients

- 1 tb Roasted rice powder
- Scallion oil
- Crisp-fried shallots
- 1 tb Roasted peanuts, ground
- 1 lb Raw shrimp in the shell
- 1 tb Salt
- 6 Garlic cloves, crushed
- 6 Shallots, crushed
- 2 Ounces rock sugar, crushed -to a powder, or
- 1 tb Granulated sugar
- 4 Ounces pork fat
- 4 ts Nuoc mam
- Freshly ground black pepper
- Peanut Sauce
- Vegetable Platter
- 8 Ounces 6 1/2-inch rice -paper rounds (banh trang)
- 12 Piece fresh sugar cane, or
- 12 oz Sugar cane packed in light -syrup, drained
- 12 8-1/2 ea inch bamboo skewers -soaked in water for 30 -minutes
- Vegetable oil, for shaping -shrimp paste
- 8 Ounces extra-thin rice -vermicelli

Directions

Although this dish can be baked in an oven, I strongly suggest you grill it over charcoal, for the result is far superior. The dish may be prepared over 2 consecutive days. On day one, prepare the dipping sauce and condiments.

The Vegetable Platter and shrimp paste can be assembled the following day. Fresh sugar cane may be obtained at Caribbean markets; canned sugar cane is available at Asian grocery stores. Prepare the roasted rice powder, scallion oil, crisp-fried shallots and roasted peanuts. Set aside. Shell and devein the shrimp. Sprinkle the salt over the shrimp and let stand for 20 minutes. Rinse the shrimp thoroughly with cold water. Drain and squeeze between your hands to remove excess water. Dry thoroughly with paper towels. Coarsely chop the shrimp.

Boil the pork fat for 10 minutes. Drain and finely dice. In a food processor, combine the shrimp, garlic, shallots and sugar. Process until the shrimp paste pulls away from the sides of the container, stopping as necessary to scrape down the sides. The paste should be very fine and sticky. Add the pork fat, roasted rice powder, fish sauce and black pepper to taste to the processor. Pulse briefly, only enough to blend all of the ingredients. Cover and refrigerate.

Meanwhile, prepare the Peanut Sauce and Vegetable Platter. Cover the rice papers with a damp towel and a sheet of plastic wrap; keep at room temperature until needed.

Peel the fresh sugar cane; cut crosswise into 4-inch sections. Split each section lengthwise into quarters. (if using canned sugar cane, split each section lengthwise in half only, then thread 2 pieces lengthwise onto a skewer.) Pour about 1/4 cup of oil into a small bowl. Oil your fingers. Pick up and mold about 2 tablespoons of the shrimp paste around and halfway down a piece of fresh sugar cane. Leave about 1 1/2 inches of the sugar cane exposed to serve as a handle. (If using canned sugar cane, there is no need to leave a handle. The skewers will serve as handles.) Press firmly so that the paste adheres to the cane. Proceed until you have used all the shrimp paste.

Prepare a charcoal grill or preheat the oven to broil. Meanwhile, steam the noodles, then garnish with the scallion oil, crisp-fried shallots and ground roasted peanuts. Keep warm. Pour the peanut sauce into individual bowls and place the Vegetable Platter and rice papers on the table. Grill the shrimp paste on the sugar cane over medium coals, turning frequently. Or Broil, on a baking sheet lined with foil, under the broiler, about 6 inches from the heat, for 3 minutes on each side, or until browned. Transfer to a warm platter.

To serve, each diner dips a rice paper round in a bowl of warm water to make it pliable, then places the paper on a dinner plate. Different ingredients from the Vegetable Platter, some noodles and a piece of the shrimp paste, which has been removed from the sugar cane, are added. The rice paper is then rolled up to form a neat package. The roll is dipped in the Peanut Sauce and eaten out of hand. The remaining sugar cane may be chewed.

Note: If both types of sugar cane are unavailable, use skewers. Shape the shrimp paste into meatballs and thread 3 or 4 on each skewer. Yield: 4 to 6 servings. From "The



Vietnamese Chicken Curry

Ingredients

- 1 Stalk fresh lemon grass or 1 tb Dried
 - 3 1/2 ts Curry powder
 - Fresh ground black pepper
 - 1 ts Sugar
 - 4 ts Salt
 - 3 lb Chicken, cut up
 - 7 tb Vegetable oil
 - 3 Sweet potatoes or
 - 3 White potatoes, peeled and -cubed
 - 4 Cloves garlic, chopped
 - 3 Bay leaves
 - 1 lg Onion, cut into wedges, -separated
 - 2 c Water
 - 1 Carrot, 2-inch slices
 - 2 c Coconut milk
 - 1 c Milk or water *
- * If you use canned coconut milk, you must use water.



Directions

This is a real Vietnamese curry. Although adapted from the Indian, which is always made with white potatoes, the Vietnamese version has the option of using white or sweet potatoes, the latter being greatly favored by the Vietnamese. The Indian influence is greatest in the South, where curried dishes are more popular than elsewhere in Vietnam.

This is usually served with noodles as a party dish. When it is part of a family meal, it is eaten with rice. Bach serves this to her children for breakfast, when it is served with French bread--another influence on the cuisine of Vietnam.

If you are using fresh lemon grass, simply remove the outer leaves and upper two-thirds of the stalks, then cut the remainder into 2-inch lengths. If you are, using, it must be soaked in warm water for 2 hours, then drained and chopped fine.

Combine the curry powder, black pepper, sugar, add salt and marinate the chicken in the mixture for at least 1 hour. Heat the oil and fry the potatoes over high heat until brown. (It is not necessary to completely cook potatoes at this point, only to brown them.) When well browned, remove from the pan and set aside until ready to cook the curry. Pour off most of the oil from the pan, leaving 2 tablespoons for cooking the chicken.

Heat 2 tablespoons oil over a high flame. Fry the garlic for a few seconds, then add the bay leaves, onion, and lemon grass; stir briefly and add the marinated chicken, stirring long enough to sear the meat slightly. Add the 2 cups of water and carrot, then cover and bring to a boil. Turn the heat down and simmer for 5 minutes; uncover and stir, then cook, covered, for another 10 minutes. Remove the cover and add the prefried potatoes, the coconut milk, and the milk. Cover again and simmer another 15 minutes. Serve with rice, Rice Sticks, or Japanese Alimentary Paste Noodles.

Sour Fish Head Soup

(Canh Chua Dau Ca)

Ingredients

- 2 Scallions, white part only, -crushed with the side of a -knife
- Freshly ground black pepper
- 2 ts Salt
- 2 tb Plus 4 teaspoons fish sauce -(nuoc mam)
- 1 lg Fish head or fish carcass, -split down the center
- 1 qt Water
- 1/2 c Canned sliced sour bamboo
- 1/4 Fresh pineapple, cut in a -lengthwise section and -sliced
- 1 ds MSG (optional)
- 2 tb Mixed chopped fresh -coriander (Chinese parsley)
- Scallion green

Directions

An excellent way to get twice the pleasure out of your fish purchase. You can use either the fish head or the fish carcass if you wish. To the people of the South, this is as much their traditional dish as Southern Fried Chicken is to our southerners++and it will meet with instant praise

Sprinkle the scallions, black pepper, 1 teaspoon salt, and 4 teaspoons fish sauce over the fish head. Allow to stand for 10 to 15 minutes.

Bring 1 quart of water to a boil and drop in the sour bamboo and pineapple slices. Cook at a lively boil for 5 minutes. Drop fish head into the actively boiling water and, keeping at a boil, add the 2 tablespoons fish sauce, remaining teaspoon salt, and a dash of MSG. Boil the fish head for a total of 10 minutes. Transfer to a soup tureen, sprinkle on the coriander and scallion green, and serve.

NOTE: If the fish head is dropped into water that is not boiling, it will fall apart.

Makes 4 servings.



BBQ Five-Spice Cornish Game Hens



Ingredients

- 4 Cornish game hens (14 ounces -each)
- 4 Garlic cloves
- 2 Shallots, or 3 green onions, -white part only
- 1 1/2 tb Sugar
- 1/2 ts Salt
- 1/4 ts Black pepper
- 1/2 ts Five spice powder
- 1 1/2 tb Vietnamese fish sauce -(nouc mam)
- 1 1/2 tb Light soy sauce
- 1 1/2 tb Dry sherry

Directions

This aromatic barbecued game hen can be easily served West- ern style with rice, cole slaw or a green salad. [But it would be better with Thai cucumber salad or Vietnamese carrot salad. Mmmm... S.C.]

Halve the hens through the breast. Flatten with the palm of your hand.

In a mortar or food processor, pound or mince garlic, shallots and sugar. Add remaining ingredients and mix thoroughly. Pour mixture over hens; marinate for at least 2 hours or overnight in refrigerator.

Set hens, skin-side down, on grill and barbecue over medium coals for 15 minutes. Turn and barbecue 15 minutes longer or until they are thoroughly cooked. Serve with Nuoc Cham dipping sauce.

Fried Rice with Sausage, Shrimp and Crab

Com Chien Thap Cam

- 1 2/3 cups long-grain white rice
- 6 dried Chinese mushrooms
- 2 Chinese sausages
- 1/4 pound raw shrimp
- 1/4 cup vegetable oil -- plus 1 tablespoon
- 1 medium onion
- 1 tablespoon fish sauce
- 1/2 pound crab meat
- 2 eggs
- 2 large scallions

Asian Mushroom= caps, dried, 1 to 1-1/2 inches in diameter

Chinese Sausage= sweet, mild, cured, pork. About 6" long sold in pairs.

Shrimp size= 21 to 25 shrimp per pound.

Fish Sauce= nam pla. Use Vietnamese or Thai fish sauce.

Crab meat= fresh, frozen, canned. Rinse and sort to discard shell, cartilage.

Ingredients

Day before

- prepare rice. Bring 6 quarts of unsalted water to a boil over high heat in a large, heavy pot. Stirring constantly, slowly pour in the rice in a thin stream. Reduce the heat to moderate and let the rice boil uncovered for about 15 minutes, or until the grains are

somewhat tender but are still slightly firm to the bite. Drain the rice in a large sieve, fluffing it with a fork. Transfer rice to a large bowl and set it aside to cool to room temperature. Cover the bowl tightly and refrigerate overnight or for at least 12 hours.

Day of

- Place MUSHROOMS in a small bowl containing 1 1/2 cups hot water. Soak for at least 30 minutes until soft. Remove mushrooms. Discard water. Rinse mushrooms of any remaining grit and cut off and discard any stems. Slice each cap crosswise into 1/2-inch strips.
 - Cut ONION in half lengthwise and slice lengthwise into 1/4 inch strips.
 - Wash and trim SCALLIONS, keeping most of the green tops. Cut scallions into 1-inch pieces and slice pieces lengthwise into 1/4-inch side strips.
 - Shell the SHRIMP. Devein. Chop into 1/4 inch bits and set aside.
 - Cut SAUSAGE into 1-1/8 inch slices. Fry the sausages in a wok over moderate heat, stirring constantly for about 2 minutes, or until the slices are delicately browned on both sides and the edges are crisp. Drain on absorbent paper.
 - Heat 1/4 cup oil in wok. Drop in the ONIONS and stirring constantly, cook for 2 to 3 minutes, or until they are soft. Regulate heat to prevent browning.
 - Add MUSHROOMS, then the chilled rice and stirring constantly with a fork, cook for about 3 minutes, or until the rice is heated through. - Stir in the FISH SAUCE.
 - Push the rice to the edge of the wok to make a well in the center. Pour in the remaining oil and drop the SHRIMP into it. Without stirring rice, cook the shrimp, for about 2 minutes, turning as they become firm and pink.
 - Mix the shrimp into the rice and still stirring, cook over moderate heat for 5 minutes. Do not let the rice brown. Stir in the CRAB meat and the SAUSAGE and cook for 2 minutes. Break EGGS, one at a time, stirring well after each addition.
 - Mix in the SCALLIONS and taste for seasoning; add salt or more fish sauce if rice seems too bland. Serve the fried rice mounded on a large heated platter or bowl.
-



Grilled Dried Beef

(Thit Bo Kho)

Ingredients

- 1 pound Lean bottom round or -- sirloin, in one piece 6 inches in Diameter
- 2 Stalks fresh lemon grass -- or 2 tablespoons dried grass
- 2 small Red chile peppers -- seeded
- 2 1/2 tablespoons Sugar or honey
- 1 tablespoon Nuoc mam (Vietnamese fish -- sauce)

- 3 tablespoons Light soy sauce

Directions

Here's a Vietnamese version of beef "jerky" made with red chilies and honey or sugar that sounds like it's off in the direction of your Chinese Dried Fried Beef recipe.

This Vietnamese-style "beef Jerky" is delicious served with drinks. The Vietnamese enjoy eating it as a snack with glutinous rice. It is also an ingredient in Green Papaya Salad.

Cut the beef across the grain onto very thin 3 by 3 inch slices. If you are using fresh lemon grass, discard the outer leaves and upper half of the stalk. Cut into thin slices and finely chop. If you are using dried lemon grass, soak in warm water for 1 hour. Drain and finely chop.

Combine the chiles and sugar in a mortar and pestle and pound to a fine paste. Add the chopped lemon grass, fish sauce and soy sauce and stir to blend. (If using a blender, combine all of these and blend to a very fine paste.) Spread the paste over the beef pieces to coat both sides. Let marinate for 30 minutes.

Spread out each slice of marinated beef on a large, flat wire rack or baking sheet. Let stand in the sun until both sides are completely dried, about 12 hours. (You can also place a rack on a jelly roll pan and let the beef dry in the refrigerator for 2 days.)

Grill the beef over a medium charcoal fire or transfer the rack from the refrigerator to the middle of a preheated 400F oven and bake until brown and crisp, about 10 minutes.

Serve with glutinous rice.

NOTE: After cooking, the meat may be kept for up to 1 week in a covered jar at room temperature.

Makes 4 servings.

Tom Yam Goong (Hot & Sour Soup)

Ingredients

- 1 qt Water

- 2 Stalks lemon grass, cut -into 1 1/2" lengths 4 Kaffir lime leaves, each - torn off center spine 1 lg Shallot, peeled, sliced
- 6 sm Thai chiles
-OR
- 2 Serrano chiles, sliced -lengthwise 1/2 lb Medium shrimp, peeled and - deveined, tails left on 1/2 c Canned straw mushrooms
- 3 tb Lime juice
- 3 tb Fish sauce
- 1/2 t Salt
- 1 sm Firm tomato, cut into wedges
- 1 c Cilantro leaves
- 1 tb Chopped pak chee farang



Directions

Some Asian markets now carry bags of pak chee farang leaves. If you can't get them, omit, or add a little more cilantro. In some markets they are labeled with their Vietnamese name, ngo gal. Place water in 3-quart saucepan. Add lemon grass, lime leaves and shallot and bring to boil. Add chiles and shrimp. Cook 2 minutes. Add straw mushrooms, lime juice, fish sauce and salt. Add tomato and cook just until heated, not soft. Turn unstrained soup into serving bowl. (Do not eat lemon grass and lime leaves.) Top with pak chee farang and cilantro leaves.

Each serving contains about: 91 calories; 892 milligrams sodium; 86 milligrams cholesterol; 1 gram fat; 8 grams carbohydrates; 13 grams protein; 0.77 grams fiber.

Vietnamese Hue Noodle Soup Bun Bo Hue

Ingredients

- 1 lb ham hocks
- 6 stalks lemongrass, crushed and sliced thin
- 2 tablespoons nuoc nam
- 1 teaspoon sugar

- 1 teaspoon sea salt
- 1 teaspoon black pepper
- 4 ounces boneless sirloin
- 4 ounces boneless pork loin
- 16 ounces rice noodles, cooked
- 1 cup bean sprouts
- 4 sprigs Thai holy basil (regular basil ok)
- 4 sprigs fresh mint
- 4 sprigs fresh cilantro
- 4 teaspoons sambal oelek or hot chili sauce
- 4-8 fresh Thai red chili peppers (amount optional)
- 1 lime, cut into quarters

Directions

Bring 2 1/2 quarts water to a boil; add ham hocks and lemongrass. Skim constantly for 10 minutes then cover the pan, reduce heat and simmer for 1 1/2-2 hours.

Strain the broth, reserving ham hocks if you desire them.

Add nuoc mam, sugar, salt and pepper, sirloin, and pork loin to the broth and simmer for 10-15 minutes or until meat is cooked and tender; remove meat.

Thinly slice meats into small pieces

To serve, place a portion of noodles in serving bowl, top with some bean sprouts, pork, beef, and some ham hock (if using), and ladle the broth over; add herbs, chili sauce, chilies, and lime juice to taste.

Vietnamese Vegie Dishes

Hot and Sour Tofu Soup

Categories: Chinese, Soups, Ceideburg 2

Ingredients

Yield: 1 servings

- 8 md Dry shiitake mushrooms -(about 3/4 oz. total)
- 1 tb Salad oil

- 1 Clove garlic, minced or -pressed
- 1 tb Minced fresh ginger
- 1 1/2 qt Regular-strength chicken -broth
- 1 lb Soft or regular tofu, -rinsed, cut into 1/2-inch -cubes, and Drained well
- 3 tb Rice vinegar or cider -vinegar
- 1 1/2 tb Soy sauce
- 3 tb Cornstarch
- 3/4 To 1 teaspoon white pepper
- 1/2 To 1 teaspoon chili oil -(optional)
- 4 Green onions (ends -trimmed), thinly sliced
- Crisp noodles (recipe -follows)
- Crisp-creamy peas (recipe -follows)

Directions

Soak mushrooms in hot water to cover until soft, about 20 minutes. Drain; cut off tough stems and discard. Cut caps into thin strips; set aside.

Pour oil into a 4- to 5-quart pan. Place over medium heat and add garlic and ginger; stir until garlic is light gold. Add broth and mushrooms; bring to a boil on high heat. Add tofu; cover and simmer until tofu is hot, 3 to 5 minutes. Mix rice vinegar, soy sauce, and cornstarch until smooth; stir into soup. Cook, stirring, until soup boils. Add white pepper and chili oil to taste. Stir in onions. Pour into a tureen. offer noodles and peas to add to taste.

Makes 6 servings.

Crisp Noodles:

Directions

Pour about 1 inch salad oil into a 2 1/2- to 3-quart pan. Heat oil to 350F. Add a handful of fresh Chinese noodles or fresh taglierini (you'll need 3 oz. total) to oil; fry, turning, until crisp and golden, about 1 minute. Lift out; drain on paper towels. Repeat to fry remaining noodles. Serve, or let cool and store airtight for up to 5 days. Makes 3 cups. Or omit this step and use 1 can (5 oz.) chow mein noodles.

Crisp-Creamy Peas:

Directions

Rinse and drain 1 can (16 oz.) black-eyed peas. Spread out on a double layer of paper towels and pat dry. Place beans in a 10- by 15- inch baking pan. Add 1 tablespoon salad oil and mix to coat beans. Bake in a 400F oven until beans are lightly browned and crisp on outside, about 15 minutes; stir

occasionally. Serve hot or warm. Makes 1 cup.

Vegetable Platter

Dia Rau Song

Ingredients

- 1 lg Head of Boston or other soft -lettuce, separated into Individual leaves
- 1 bn Of scallions, cut into 2 -inch lengths
- 1 c Coriander leaves
- 1 c Mint leaves
- 1 c Fresh Asian or regular basil -leaves
- 1 Cucumber, peeled in -alternating strips, halved -lengthwise and Sliced thinly crosswise
- 4 oz Fresh bean sprouts
- 1 Ripe mango
- 1 bn Ripe bananas
- 1 Ripe papaya
- 6 Apples
- 6 Star fruit

Directions

On a large platter, decoratively arrange all of the ingredients in separate groups. Use in recipes where required.

Scallion Cakes

Ingredients

- 1 1/4 C all-purpose flour (approx. 5 cups)
- 3/4 pint boiling water
- 1 or 2 Tbs cold water
- 1 or 2 tsp sesame oil
- 1 1/2 tsp salt
- 4 oz margarine or butter
- 12 oz chopped scallions (about 35)

- peanut or corn oil for frying

Directions

Sift flour into a large bowl. Pour in the boiling water gradually and mix with a fork. Rub together with fingers while the flour is still warm. Add the cold water and knead to form a firm, but not hard, dough. Cover and let stand for 10 minutes.

Oil a flat surface and a rolling pin with 1 tsp sesame oil. Place dough on oiled surface. Knead a few times and divide into 6 pieces. Roll out one piece into a 6 - 7 inch circle with the edges slightly thinner than the middle. Sprinkle all over with a good 1/4 tsp of salt and press in with your fingers. Generously spread with 1/2 oz margarine all over, stopping just short of edges. Spread with about 5 Tbs of chopped scallions.

With both hands, pick of the sides nearest you and roll the cake up away from you (like a jellyroll), taking care not to let the scallions fall out. The dough should now be in a cylindrical shape. Pinch the ends closed and roll towards each other until the dough is ball-shaped. Gently roll the ball out until it's about 6 inches across. Don't worry if the surface of the cake bursts while you're rolling (this *always* happens to me!). Repeat for each piece of d

Heat a heavy, flat frying pan until hot. Add 2 Tbs oil. Fry the cakes over low heat, covered, for 4 or 5 minutes or until spotted brown. Turn over and fry the other side likewise. Remove and drain on a paper towel. Serve hot.

Broccoli And Tofu In Spicy Almond Sauce

Ingredients

Sauce:

- 1/2 c. hot water
- 1/2 c. almond/peanut butter
- 1/4 c. cider vinegar
- 2 T. tamari sauce
- 2 T. blackstrap molasses
- cayenne/chile to taste

Saute:

- 1 lb. broccoli
- 2 tsp. ginger
- 4 cloves garlic
- 1 lb. tofu, cubed
- 2 c. onion, thinly sliced
- 1 c. chopped cashews
- 2-3 T. tamari sauce
- 2 minced scallions

Directions

Sauce:

In small saucepan, whisk together almond butter and hot water until you have a uniform mixture. Whisk in remaining sauce ingredients and set aside.

Saute:

Stir-fry half the ginger and half the garlic in 1 T. oil. Add tofu chunks, stir-fry for 5-8 minutes. Mix with sauce. Wipe wok clean, saute remaining ginger & garlic in 2 T. oil. Add onions and fresh pepper, saute for about 5 min. Add chopped broccoli, cashews and tamari; stir-fry until broccoli is bright green. Toss saute with sauce, mixing in the minced scallions as you toss. Serve over rice.

Sweet & Sour Tofu

Ingredients

- 1 lb. tofu
- 1/4 c. lemon juice
- 1/4 c. tamari sauce
- 6 T. water
- 1/4 c. tomato paste
- 2 T. honey
- 1 tsp. ginger
- 4 cloves of garlic
- 8 scallions, minced
- 1 green & 1 red bell pepper, sliced in strips

- 1 lb. mushrooms
- 1 c. toasted cashews

Directions

Cut tofu into small cubes; set aside. Combine lemon juice, tamari, water, tomato paste, honey, ginger, and garlic; mix until well blended. Add tofu to this marinade, stir gently, and let marinate for several hours (or overnight). Stir-fry scallions, bell peppers, and mushrooms in 2 tsp. of oil. After several minutes, add tofu with all the marinade. Lower heat, continue to stir-fry until everything is hot and bubbly. Remove from heat and stir in cashews. Serve over rice.

Crisp-Fried Tofu And Greens

Ingredients

- 2 cakes of tofu, frozen overnight and thawed
- 1/2 c. water or vegetable stock
- 1 tsp. cornstarch
- 1/2 c. cornmeal or cornstarch

Marinade:

1/3 c. soy sauce 1/4 c. rice vinegar 1 T. finely grated gingerroot 2 cloves garlic, minced or pressed dash cayenne

Sauce

:

- 3 T. soy sauce
- 1/4 c. dry sherry
- 2 tsp. rice vinegar
- 2 tsp. honey or brown sugar

Vegetables:

- 3 T. oil
- 3 cloves garlic, minced or pressed
- 1 c. thinly sliced onion

- 6 c. mix of coarsely chopped pak choi, chard, kale, nappa cabbage or 9 c. chopped spinach

Directions

Gently squeeze as much liquid out of thawed tofu as possible. Cut tofu crosswise into 1/2-inch thick slices, then diagonally, to make 4 triangles.* Combine marinade ingredients and mix well. Arrange tofu triangles in one layer in a dish and cover with marinade. Allow to sit for at least 10 minutes to absorb the flavors. Prepare sauce mix by combining all ingredients in a small bowl.

In a separate bowl mix the water or stock and the 1 tsp. cornstarch. Dredge marinated tofu pieces in cornmeal or cornstarch and fry over medium heat in 1/8 to 1/4 inch of oil, for 3-4 minutes on each side. Drain and keep warm in 200F oven. Add leftover marinade to sauce mix. Heat 3 T. oil in a wok. Stir-fry garlic and onion until onion is tender. Add greens and continue stir-frying until just wilted but not mushy. Add sauce mix and cornstarch mix and stir-fry just until sauce is thickened. Add reserved fried tofu. Serve with rice. * I cut the tofu into many more smaller triangles.

Congee with Vegetables

Serving Size : 6 Preparation Time :0:30

Ingredients

- 1 recipe Congee
- 1/2 pound spinach
- 1 egg
- 1 tablespoon ginger -- finely shredded
- 1 scallion -- thinly sliced
- 1 medium tomato -- coarsely chopped
- salt and pepper -- to taste

Directions

Prepare congee following the basic recipe. Meanwhile, wash the spinach, trim any tough stems, and pat dry. Lightly beat the egg. When the congee is cooked, stir in the egg, ginger, scallion, spinach, and tomato.

Cook just until the spinach is wilted and the tomato is heated through, about 3 minutes. Season to taste with salt and pepper. Serve immediately.

Vegetable Fried Rice

Serving Size : 6 Preparation Time :0:20

Ingredients

- 1/4 cup light soy sauce
- 3 tablespoons rice wine or dry sherry
- 1/2 teaspoon salt
- 6 tablespoons peanut oil
- 2 eggs -- lightly beaten
- 1 carrot -- in 1/2" cubes
- 1 red bell pepper -- in 1/2" cubes
- 1/2 cup frozen peas
- 4 cups cold cooked rice

Directions

Combine the ingredients for the sauce in a small bowl. Mix to blend well and set aside.

Place a small skillet over medium heat. When it begins to smoke, add 2 tablespoons of peanut oil and the lightly beaten eggs. Stir until the eggs are firm but moist. Transfer the eggs from the skillet to a small bowl and break them into small curds. Set aside.

Bring 1 quart of water to a boil in a small saucepan. Add the carrot and boil 1 minute. Drain and rinse in cold water. Drain again and reserve.

Place a wok over medium-high heat. When it begins to smoke, add the remaining 1/4 cup of peanut oil and the garlic. Stir briefly. Add the carrots, celery, red pepper, and peas. Stir-fry 1 minute. Stir in the rice and stir-fry 1 minute. Pour in the sauce and cook until the rice is heated through, about 5 minutes, stirring frequently. Serve hot.

Vegetarian Pho Bo (Vietnamese Noodle Soup)

(Serves 6)

Ingredients

- 8 cups Vietnamese style broth (see recipe that follows)
- 1 pound rice noodles
- One 8-ounce package seitan, drained
- 1/4 cup bean sprouts
- 1/2 cup shredded cabbage (such as Napa cabbage)
- 1/2 cup tender greens, torn into bite-sized pieces
- 1/2 cup cilantro, coarsely chopped
- 3 scallions, thinly sliced (both green and white parts)
- 3 Tablespoons chopped, roasted, unsalted peanuts (optional)
- 1 lime, cut into wedges
- 3 fresh red or green chili peppers, seeded and cut into fine rounds
- Salt and freshly ground pepper to taste

Directions

Make the broth as directed. When broth has been simmering for about 10 minutes, soak the noodles as follows. Bring 4 quarts of water to boil in a large pot. Remove from heat, add noodles, and let soak around 15 minutes, stirring occasionally until noodles are pliable and easily separated.

Drain the noodles and divide them among six bowls. Simmer the seitan in the broth until heated through, about 4 minutes. Remove the seitan with a slotted spoon and slice thinly into six portions. Add to noodles.

Assemble the soup by placing the bean sprouts, cabbage, greens, basil, cilantro, scallions, and optional peanuts on top of the noodles and seitan. Ladle the hot broth onto the noodle mixture.

Serve with a plate of lime wedges, chili rounds, and salt and pepper for individual seasoning.

Total calories per serving: 166

Fat: 1 gram

Carbohydrates: 32 grams

Protein: 8 grams

Sodium: 726 milligrams

Fiber: 1 gram

Vegetarian Vietnamese Broth

(Makes 8 cups)

Ingredients

- 8 cups clear vegetable stock
- 3 Tablespoons soy sauce
- 8 medium garlic cloves, peeled and chopped coarsely
- 1 small onion, diced
- One 1-inch piece of ginger
- Two 3-inch cinnamon sticks
- 2 pods of star anise
- 2 large bay leaves

Directions

Put stock, soy sauce, garlic, and onion in a large stockpot and bring to a boil over medium heat.

Meanwhile, char ginger on all sides over an open gas flame or in a small skillet. Add to the stock.

Add the cinnamon sticks, star anise, and bay leaves to the broth. Reduce the heat to low. Simmer, partially covered, for 20-25 minutes.

Remove solids with a slotted spoon or strain the broth through a fine-mesh sieve. Adjust seasonings if necessary. Return to pot and keep hot until ready to use in soup.

Total calories per 1 cup serving: 25

Fat: <1 gram

Carbohydrates: 4 grams

Protein: 1 gram

Sodium: 386 milligrams

Fiber: <1 gram

Tofu with Eggplant and Peppers

(Serves 4)

Ingredients

- **Cooking Spray**
- **1 pound extra-firm tofu, drained**
- **1 medium onion, chopped**
- **2 Tablespoons soy sauce**
- **2 large tomatoes, peeled and cut into eighths**
- **2 large red peppers, chopped**
- **1/2 jalapeño or other hot pepper, seeded and minced**
- **1 medium eggplant, cut into 1-inch cubes**
- **1 pound mushrooms**
- **1 summer squash, cut into 1-inch cubes**
- **1 bunch of scallions, coarsely chopped (white and green parts)**
- **1 Tablespoon tomato paste**
- **1/4 cup cilantro, for garnish**

Directions

Spray a wok or skillet with cooking spray and sauté tofu until brown on both sides. Cut into 1-inch cubes and set aside.

In same pan, sauté onion for one minute. Add soy sauce and one tablespoon of water if necessary. Add tomatoes, red peppers, hot peppers, eggplant, mushrooms, squash, scallions, and tomato paste and reduce heat. Simmer for about 10 minutes, or until vegetables are soft.

Add tofu and continue cooking until tofu is heated through. Place on platter, garnishing with cilantro. Serve with rice or rice noodles.

Total calories per serving: 231

Fat: 7 grams

Carbohydrates: 24 grams

Protein: 19 grams

Sodium: 537 milligrams

Fiber: 4 grams

High in calcium and iron

Fresh Spring Rolls

(Makes 36 rolls)

Ingredients

- 4 ounces thin rice stick or cellophane noodles
- 1/2 cup bean sprouts
- 1/2 cup grated carrot
- 1/2 cup grated daikon or jicama
- 1 garlic clove, minced
- 1 Tablespoon soy sauce
- 1 cup coarsely chopped cilantro, reserving a few sprigs for garnish
- 1/2 cup coarsely chopped dill or mint leaves, or a mixture
- 3 Tablespoons roasted, unsalted peanuts, coarsely chopped (optional)
- 12 sheets of rice paper
- 1 head of soft lettuce, such as Boston lettuce, leaves washed, dried and cut in half
- Chili dipping sauce (see recipe that follows)

Directions

Soak noodles in boiling water for 5 minutes or until soft and pliable. Drain, immerse in cold water and drain again. Cut noodles into 2-inch lengths.

In a large bowl, mix noodles with bean sprouts, carrot, daikon or jicama, garlic, and soy sauce.

Working with no more than 2 rice paper sheets at a time, immerse the rice paper in a shallow bowl of warm water and quickly remove it. (Letting the rice wrapper sit in the water can result in its disintegration.) Lay the wrapper on a plate and place about two Tablespoons of the noodle mixture toward the bottom of the wrapper. Add a pinch of each herb and a few pea-nuts (if desired). Fold the bottom of the wrapper up over the mixture, about a third of the way up. Tuck sides of the wrapper in and roll up tightly to form a tube. The damp paper should stick together. Place on a tray or plate and cover with a damp towel or plastic wrap until all the rice papers are filled.

Cut each roll into three pieces. To eat, wrap roll in lettuce leaf and dip in chili sauce.

Total calories per roll (not including sauce): 18

Fat: <1 gram

Carbohydrates: 4 grams

Protein: 1 gram
Sodium: 77 milligrams
Fiber: <1 gram

Chili Dipping Sauce

(Makes about 1 1/3 cups)

Ingredients

- 2 Tablespoons chopped garlic
- 2 Tablespoons coarsely chopped fresh chili peppers
- 1/4 cup soy sauce
- 1/4 cup white vinegar
- 3/4 cup water
- 2 Tablespoons thinly sliced scallion

Directions

Combine all ingredients except scallions in a blender and mix until smooth. Pour in individual dipping bowls and garnish with scallions.

Total calories per 1-1/2 teaspoon serving: 2 Fat: 0
Carbohydrates: <1 gram
Protein: <1 gram
Sodium: 112 milligrams
Fiber: 0

Piquant Cauliflower

(Serves 4)

Ingredients

- Cooking spray
- 2 shallots, thinly sliced
- 3 cloves garlic, minced
- 1-2 Tablespoons soy sauce
- 3 tomatoes, peeled, seeded, and cubed

- 1 large cauliflower, cut into flowerets
- 1 small onion, thinly sliced
- 2/3 cup vegetable stock
- 1/2 teaspoon lemon juice
- 2 scallions, thinly sliced (white and green parts)
- Cilantro for garnish

Directions

Spray a skillet or wok with cooking spray and sauté shallots and garlic for 1 minute. Add the soy sauce and tomatoes, and sauté for another 3 minutes.

Add the cauliflower, onion, stock, lemon juice, and scallions. Reduce the heat and cook until the vegetables are tender-crisp, about 10 minutes.

Place cauliflower mixture on a platter. Garnish with cilantro.

Total calories per serving: 66

Fat: 1 gram

Carbohydrates: 13 grams

Protein: 4 grams

Sodium: 280 milligrams

Fiber: 4 grams

Noodles With Mixed Vegetable

(Makes 4 servings)

Ingredients

- 8 ounces cellophane noodles
- Cooking Spray
- 5 cloves garlic, minced
- 1 Tablespoon minced ginger
- 4 shallots, thinly sliced
- 2 scallions, thinly sliced (white and green parts)
- 1-2 Tablespoons soy sauce
- 2-3 Tablespoons water
- 2 small carrots, peeled and julienned
- 1 cup sliced fresh mushrooms
- 2 summer squash, coarsely chopped

Directions

In a large bowl or pot, soak noodles in boiling water for 5 minutes or until they are soft and pliable. Drain and set aside.

Spray a wok or skillet with cooking spray and over high heat, sauté garlic, ginger, shallots, and scallions for about 1 minute. Add the soy sauce, water, and carrots and sauté for an additional 2 minutes. Add mushrooms and squash and sauté for another minute. Add noodles, stirring constantly until they are heated through.

Serve immediately. Total calories per serving: 115

Fat: <1 gram

Carbohydrates: 26 grams

Protein: 3 grams

Sodium: 519 milligrams

Fiber: 2 grams

Vietnamese Sauces

Sri Lankan Rolls

Nuoc Cham

(Vietnamese Chili Sauce for Dipping)

Ingredients

- 2 Dried red chilies
- 2 Cloves garlic
- 1/2 ts Sugar
- 2 tb Fish sauce
- 1 tb Vinegar
- 1 tb Lemon juice

Directions

The red stuff can be had in stores. It comes in a clear plastic bottle with a green lid and a red rooster on the plastic. Or in smaller glass jars. It's called "Tuong ot

toi Viet Nam" (tung ot toy) and is nothing more than red chiles mashed up with a bit of garlic. You could easily make it by smashing up a handful of the little red hot peppers and a couple of cloves of garlic in a mortar and pestle. There's a similar Filipino sauce called "Sambal Oelek"++virtually the same but with the addition of vinegar. Here's my favorite recipe for nuoc cham. I have some variants if you'd like to see those too. I use it on a lot of stuff++it's very good with poached or white cooked chicken, thousand year eggs, shrimp chips.

Mince chilies and garlic finely and place in a mortar. Mash with the heel of a cleaver or pestle. Add sugar and stir until it dissolves. Add fish sauce, vinegar and lemon juice, stirring between each addition. This makes enough for 2 to 4 people. I almost always double the recipe just to make sure there's enough. I've kept it for long periods of time but unless you freeze it, it's past it's prime after a few days.

This is a basic chili sauce used for a dip for chicken or whatever. Variations of this are found in Cambodia, Thailand and other Southeast Asian countries. You can fiddle with it endlessly. This is a good starting point. The proportions shown here produce what I consider a mildly warm dip. I generally use two to six times as many chilies, depending on their strength and how hot I want it.

VARIATIONS: Use green serrano chilies instead of dried red ones, thinly slice a red or green chili into rounds and toss them in, lime juice instead of the lemon juice or palm sugar instead of granulated. If you make it in a food processor, don't over process. It should have small chunks of each ingredient rather than being a homogeneous liquid. The taste is sour and hot, very puckery. It's great with poached or steamed chicken, duck or game hens. Much better with basically bland dishes rather than something like curry which has it's own blend of spices. Good with Chinese white-cut chicken or Steamed Ginger Chicken with Black Bean sauce. It's truly addictive and I often serve it with meals that are not Oriental in origin. Should be good with a firm- fleshed white fish or boiled shrimp or crab. Fish sauce is a liquid made with anchovies and salt. It's not really fishy tasting. Look for it in the oriental section of supermarkets or at markets catering to Asian clientele. Tiparos is a good brand made in the Philippines. I prefer Thai or Vietnamese fish sauce, but they'll probably be harder to find. A timesaver is to combine large quantities of the liquid ingredients and store them in the fridge. Then, when you want some Nuoc Cham, just chop up the chilies and garlic, pound them with the sugar and add them to the liquid.

Vietnamese Lemongrass Marinade

Ingredients

- 1/4 c Lemongrass, chopped -(4-6 stalks) or

- 1/4 c Dried lemongrass or
- 6 Strips lemon zest
- 3 Garlic clove(s) -minced (1 tbs)
- 2 (to 3) shallots -minced (3 tbs)
- 2 Serrano, jalapeño or -Thai chilies, minced
- 2 ts Brown sugar -or to taste
- 3 tb Fish sauce
- 3 tb Lime juice
- 1 ts Vietnamese or Thai -hot sauce or chili oil -or Tabasco sauce

Directions

Cut off the top 2/3 of each lemongrass stalk, trim off the outside leaves and roots, and slice the core thinly.

Purée the lemongrass, garlic, shallots, chilies, and brown sugar to a fine paste. Work in the fish sauce, lime juice, and hot sauce. Marinate fish or thinly sliced poultry or beef for 1-2 hours, turning once or twice.

Makes enough for 1-2 pounds seafood, poultry, or meat.

Nuoc Leo (Peanut Sauce)

Ingredients

- 1 Clove garlic, sliced
- 1 tb Vegetable oil
- 1 sm Piece of pork liver (see -note below), minced
- 1 tb Ground pork
- 1 ts Tomato paste
- 1/4 c Tuong
- 1/2 c Water
- 1 1/2 ts Peanut butter
- 1 tb Granulated sugar
- 1 1/2 tb Sesame seeds
- 10 Roasted peanuts, coarsely -chopped [I use unsalted -Planter's roasted Peanuts.]
- Thin strips of hot pepper -for garnish

Directions

I prefer the following version. It's a bit more complex, but one of the ingredients might be a bit hard to find--tuong, a kind of soy bean paste used in Vietnam. A good Vietnamese market will have it.

Using medium heat, fry the garlic in the oil. Add the liver and pork. Lower the heat and add the tomato paste; stir and add the tuong. Stir again and add the water and peanut butter. Raise the heat to medium and add the sugar. Boil for 1 minute and transfer to a bowl.

Add the sesame seeds to a medium-hot frying pan, stirring constantly until browned. This should take 2 to 3 minutes. Add the sesame seeds to the nuoc leo, along with the chopped peanuts.

The sauce can be garnished with thin strips of hot pepper.

NOTE: Beef or chicken liver can be substituted, but pork liver is preferred. The piece should be the size of a large chicken liver.

Dipping Sauce for Pork Sticks

Ingredients

1/2 c Soy sauce
5 tb Lemon juice, fresh
3 tb Water
2 Clove garlic, minced
2 ts Sugar
1 ts Oyster sauce
1 ts Ginger, fresh, minced
1/8 ts Cayenne pepper

Directions

Combine all ingredients in small pan and bring to boil. Reduce heat and simmer 5 minutes. Let cool. Sauce will keep 2 weeks in refrigerator.

Mam Nem (Fermented Anchovy Dip)

Ingredients

- 2 tablespoons fermented anchovy sauce or paste
- 1/2 cup water
- 2 teaspoons vinegar
- 2 tablespoons crushed pineapple
- 1/4 stalk lemongrass, finely chopped
- 1 red chili, finely chopped 1 clove garlic, crushed
- 1 teaspoon sugar
- pinch of pepper

Directions

Combine all the ingredients and stir well. Season to taste with pepper and sugar.

Nuoc Mam Cham (Fish Sauce Dip)

Ingredients

- 1/4 cup water or fresh coconut juice
- 1 teaspoon rice vinegar
- 1 teaspoon sugar
- 1 red chili, seeded, finely chopped
- 2 cloves garlic, crushed
- 1 tablespoon lime juice
- 2 tablespoon fish sauce

Directions

Boil water or coconut juice with vinegar and sugar; allow to cool. Combine chili, garlic, and lime juice, and add to the coconut mixture. Stir in the fish sauce.

Try adding shredded radish and carrot pickles as a variation on nuoc mam cham.

Nuoc Tuong (Yellow Bean Sauce)

Ingredients

- 1 cup yellow beans, boiled and drained
- 2 tablespoons coconut milk

- 2 tablespoons ground peanuts
- 2 teaspoons sugar
- 3 cloves garlic
- 1 medium red chili
- 1 stalk lemongrass
- 2 tablespoons vegetable oil

Directions

Combine all ingredients, except oil, in a food processor. Blend until finely chopped and well combined. Heat oil in pan, stir-fry all ingredients and simmer for 2 minutes. Cool before serving.

Tuong Toi Ot (Soy Sauce Dip)

Ingredients

- 1/4 cup soy sauce
- 1 clove garlic, finely chopped
- 1 teaspoon sugar
- 1 teaspoon pepper
- 1 medium red chili, finely chopped
- 1 lime, cut into wedges and squeezed

Directions

Combine all ingredients and mix well. Add a squeeze of fresh lime to taste.

Nuoc Cham Gung (Ginger Dipping Sauce)

Ingredients

- 2 garlic cloves, crushed
- 1-1/2 tablespoons sugar
- 1 fresh red chile pepper, seeded and minced
- 1 tablespoon grated fresh gingerroot
- 3 tablespoons fresh lime or lemon juice
- 3-1/2 tablespoons nuoc mam (Vietnamese fish sauce)

Directions

Combine the garlic, sugar, chile and ginger in a small bowl or mortar. Crush the mixture to a paste. Add the lime juice and fish sauce and stir to blend.

Sot Ca Chua (Tomato Sauce)

Ingredients

- 1 tablespoon vegetable oil
- 3 cloves garlic, finely chopped
- 3 medium tomatoes, peeled, seeded and finely chopped
- 1 cup chicken stock or fresh coconut juice
- pinch of salt
- 1 teaspoon sugar

Directions

Heat oil and saute garlic until slightly browned. Add tomatoes, then stir for 5 minutes, adding stock or coconut juice. Bring the combination to a boil, add a small amount of water. Mix thoroughly, reduce heat, then season to taste with salt and sugar. Simmer until reduced by one-third or until desired thickness is achieved.

Scallion Oil Hanh La Phi

Scallion oil, made with thinly sliced scallions and vegetable oil, is commonly brushed over grilled meats, seafood, and steamed meat pâtés, or drizzled over rice or noodles. There are several ways of making it. For example, you can heat the oil first, turn it off, and then add the scallions. Or you can add the scallions to the hot oil and keep the combined ingredients over the flame for just a minute or so. Feel free to experiment. Scallion oil can be kept refrigerated for up to a week.

Makes about 1 cup

Ingredients

- 1 cup vegetable oil
- 6 scallions, root ends and tough green tops removed, thinly sliced

Directions

Heat the oil in a small saucepan over medium heat. Add the scallions and fry until fragrant, about 2 minutes. Remove from the heat and allow to cool, then transfer to a heatproof jar.

Variation:

Toi phi dau, fried garlic oil, is especially complementary to seafood soups such as canh ca nau dua, pineapple and fish soup, and hu tieu do bien, noodle with seafood soup. Reminiscent of roasted garlic in flavor and aroma, it should be used sparingly, as a little will go a long way. Heat 3-4 cup vegetable oil in a small saucepan over medium heat. Add 8 peeled and minced large cloves of garlic and fry until light golden brown, 3 to 4 minutes. Allow to cool briefly and transfer the fried garlic and oil to a heat-resistant jar. Allow to cool completely before sealing with a lid. Fried garlic oil will keep about a week refrigerated.

Vietnamese Caramel Sauce

Yield: 1 servings

Ingredients

- 1/3 c Sugar
- 1/4 c Nuoc mam (Vietnamese fish -sauce)
- 4 Shallots, thinly sliced Freshly ground pepper

Directions

Cook the sugar in a small heavy saucepan over low heat, swirling the pan constantly, until brown. It will smoke slightly. Immediately remove the pan from the heat and stir the fish sauce into the caramel, being careful to guard against splattering (the mixture will bubble vigorously).

Return the mixture to low heat and gently boil, swirling the pan occasionally, until the sugar is completely dissolved, about 3 minutes. Add the shallots and ground pepper to taste; stir to combine. Use in recipes where required. [Or, as I noted, as a marinade for BBQ stuff. S.C..]

NOTE: Cool this sauce thoroughly before using. If cold food is added to a caramel sauce that is hot, the sugar will harden instantly and you'll end up with a dish full of candy chips.

Yield: 1/3 cup.

Vietnamese-Style Spicy Fish Sauce

- 2 cloves garlic, chopped
- 1 red hot chile pepper, chopped;
- or substitute with 1 tsp. bottled red chile paste
- 1/4 cup Vietnamese fish sauce
- 1/4 cup rice vinegar
- 2 Tbs. fresh lime juice
- 2 Tbs. sugar
- 1/4 cup water

Pound the chopped garlic and chile with a mortar and pestle and reduce them to a fine paste. Add the fish sauce, lime juice, vinegar, sugar and water. Stir well to blend.

If desired, add a small amount of shredded carrot and daikon.

Vietnamese Desserts

Fruits In Syrup

(Try Cai)

Ingredients

- 2 tb Sugar
- 4 tb - water
- 2 tb Dry sherry
- 2 ts Lemon or lime juice
- 1 Orange
- 2 c Fresh pineapple; cubed
- 1 1/2 c Fresh or canned lichees

Directions

1. Cook the sugar and water into a syrup.
2. Cool and stir in sherry and lemon/lime juice.
3. Peel and segment the orange;
4. Toss with the pineapple and lichees.
5. Pour the syrup over the fruits.
6. Chill 1 hour.

Serving

Serves 6 people

Coconut Flan With Caramel

(Banh Dua Ca Ra Men)

Ingredients

CARAMEL

- 1/4 c Sugar
- 1/4 c Hot water

CUSTARD

- 1 c Fresh or canned coconut milk
- 1 c Milk
- 1/4 c Sugar
- 4 Eggs
- 1 ts Vanilla extract

Directions

This is the ultimate coconut dessert++an adaptation of the classic "Creme renversee", or "Flan au caramel". The technique used is distinctly French but the flavors are all Vietnamese.

This custard is at its best when prepared a day in advance and refrigerated so the flavors can mellow. If you just can't wait, you might try the Vietnamese method of rapid cooling for dishes such as this: place a small scoop of shaved ice on top of each custard before serving!

Preheat the oven to 325F.

Make the caramel: Cook the sugar in a small heavy saucepan over low heat, swirling the pan constantly, until brown. Stir the hot water into the caramel, being careful to guard against splattering (the mixture will bubble vigorously). Boil the mixture, swirling the pan occasionally, until the sugar is thoroughly dissolved, about 2 minutes.

Pour the caramel syrup into a 1-quart souffle dish or five 4-ounce ramekins. Tilt the molds to coat all of the surfaces with caramel.

Make the custard: Combine the coconut milk, milk and sugar in a medium saucepan over low heat. Scald until the sugar dissolves completely. Remove from heat.

In a large bowl, whisk the eggs and vanilla. Gradually whisk the hot coconut milk mixture into the eggs, blending thoroughly.

Strain the custard through a fine sieve into a bowl. Carefully pour into the caramel-lined souffle dish or ramekins.

Line a large roasting pan with 2 layers of paper towels (see Note). Put the souffle dish in the roasting pan and add hot water to reach halfway up the side of the dish. Bake in the center of the oven for 50 minutes (30 minutes if using ramekins), or until a knife inserted in the center comes out clean. Be careful not to let the water boil; do not disturb the custard while baking. This is the only "secret" to producing a smooth and velvety custard.

Remove the souffle dish immediately from the hot water. Allow to cool in a cold-water bath. Chill thoroughly.

To serve, run a knife around the edge of the custard and turn out onto dessert plates. Serve with shaved ice or whipped cream, if desired.

Note: The paper towels in the roasting pan serve a twofold purpose: First, they allow the hot water to circulate under the souffle dish while baking to distribute the heat evenly; second, if using small ramekins, it stabilizes them and keeps them from moving around while baking.

Yield: 5 servings.

Bananas in Coconut Cream

6 bananas
12fl oz/375ml/ 2 cups coconut milk
2tbs/30 ml granulated sugar
0.5 tsp/2.5ml salt

Peel the bananas and chop into 2in/5cm segments. In a saucepan, heat the coconut milk with the sugar and salt, and cook gently until the sugar dissolved. Add the banana pieces and cook gently for 5 minutes. Divide the mixture into 6-8 small bowls and serve warm.

Baked Coconut Rice Pudding

90g/3oz scant 1 cup short or round-grain pudding rice
600ml/1 pint/2.5 cups coconut milk
300ml cups milk
1 large strip lime rind
60g/2oz cup caster sugar
stick of butter
pinch of ground star anise

fresh or stewed fruit, to serve

Mix the rice with the coconut milk, milk, lime rind and sugar.

Pour the rice mixture into a lightly-greased 1.4 litre shallow ovenproof dish and dot the surface with a little butter. Bake in the oven for about 30 minutes.

Remove and discard the strip of lime. Stir the pudding well, add the pinch of ground star anise, if using, return to the oven and cook for a further 1-2 hours or until almost all the milk has been absorbed and a golden brown skin has baked on the top of the pudding. Cover the top of the pudding with foil if it starts to brown too much towards the end of the cooking time.

Serve the pudding warm or chilled with fresh or stewed fruit.

Banana Rice Pudding

1 1/2 cups brown rice -- cooked
1 cup nonfat milk
1 medium banana -- cut in slices
1 can fruit (15-ounce can) -- cut in slices
1/4 cup water
2 tablespoons honey
1 teaspoon pure vanilla extract
1/2 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg

Directions

In a medium-size saucepan, combine the banana and fruit slices, water, honey, vanilla, cinnamon and nutmeg. Bring to a boil, reduce the heat, and simmer for 10 minutes, or until quite tender but not mushy. Add the rice and milk and mix thoroughly. Bring to a boil and simmer 10 more minutes. Serve warm.

Another Viet Style Banana

3tbsp shredded fresh coconut 60g/2oz cup unsalted butter
1tbsp grated ginger root
grated zest of 1 orange
6 bananas
60g/2oz cup caster sugar
4tbsp fresh lime juice
6tbsp orange liqueur
3tsp toasted sesame seed
lime slices, to decorate
ice-cream, to serve

Heat a small non-stick frying pan until hot. Add the coconut and cook, stirring constantly,

for about 1 minute until lightly coloured. Remove from the pan and allow to cool. Heat the butter in a large fring pan until it melys. Add the ginger and orange zest and mix well.

Pell and slice the bananas lengthways. Place the bananas cut-side down in the butter mixture and cook for 1-2 minutes or until the sauce mixture starts to become sticky. Turn to coat in the sauce.

Remove the bananas from the pan and place on heated serving plates. Keep warm. Return the pan to the heat and add the orange liqueur, stirring well to blend. Ignite with a taper, allow the flames to die down, then pour over the bananas.

Sprinkle with the coconut and sesame seeds and serve at once, decorated with slices of lime.

Sweet Banana Soup With Tapioca and Coconut

Ingredients

- 2 cups water
- 1/2 cup sugar (less, if the bananas are very ripe)
- 1 (14 ounce) can light coconut milk
- 1/4 cup minute tapioca
- 2 large ripe bananas, cut into 1/2 inch pieces
- 1/2 teaspoon salt
- 1-2 teaspoon sesame seeds, toasted (optional)

4 servings Change size or US/metric

Directions

Bring water and coconut milk to boil in a medium saucepan.

Add sugar, salt, tapioca.

Reduce heat to medium low, let it cook for about 30 minutes, stir frequently.

Stir in bananas, remove from heat and let stand for 15 minutes.

Note: after you add the bananas, don't stir too much, it'll break up the fruit.

Serve hot, or chill for 3-4 hours.

Husband and Wife Cake (banh Phu The)

A Hue dessert. Traditionally, a guy would offer these to the girl he wants to marry. Now these cakes are still an essential part of a wedding banquet, or the gift packages that the groom's family send over to the bride's.

Ingredients

- 4 cups water
- 1 lb starch flour
- 1 1/3 cups sugar
- 1/2 cup flaked coconut
- 5 ounces yellow mung beans, soaked in water
- 2/3 sugar syrup
- 1 tablespoon vegetable oil
- 2 tablespoons lemon extract or pomelo blossom fruit essence

25-30 cakes

Directions

Mix water, flour, sugar and shredded coconut, heat on low flame and stir for about 10 minutes. Cook mung bean until tender, may take up to 1 hour on stove top. Drain then put back on stove. Pour in sugar syrup and oil. When most of the liquid has evaporate, add extract and remove from heat. Put a thin layer of dough in small individual molds or cupcake tins, layer a small spoon of stuffing on top and top with another layer of dough. Place them in steamer for about 20 minutes or until the dough is transparent. Remove from molds, let cool and serve with green tea.

Mung Bean Pudding (Vietnamese Che Kho)

Ingredients

- 1 kg mung beans (still in shell)
- 1 kg granulated sugar
- 3 tablespoons sesame seeds
- 1 tablespoon vanilla extract

24 servings

Directions

Soak mung bean overnight, pick out all bad beans. Remove shell/skin of the rest, let dry.

Dry toast sesame in a hot shallow pan.

Let cool.

Boil mung beans in a pot until tender, about 50 minutes to 1 hour.

Strain off water and process them into paste (using mortar, food processor).

Add sugar, mix thoroughly and leave for 1 hour.

Pour mixture into a large surface pan or pot and cook over low heat, stir constantly until it becomes a thick paste (thicker than mashed potatoes).

Mix in vanilla.

Spoon the pudding onto 6 small plates, press them down firmly.

Sprinkle sesame seeds on top

. Best served with green tea.

Chinese Sweet Red Bean Soup

This is a wonderful dessert that you can serve hot or cold. Amazingly fresh, perfect for summer. And it's very versatile. You can use mung beans, white beans instead of red beans.

Ingredients

- 1/3-1/2 cup sugar
- 1 cup red beans (soaked in cold water overnight)
- 1/3 cup dried lotus seeds (at asian grocery stores or health food stores, soaked in cold water overnight)
- 1 tablespoon vanilla
- 1/4 cup pearl tapioca (optional)
- 1/4 cup gluten rice balls (can be found at asian grocery stores) (optional)
- 7 cups water

8 servings

Directions

Combine water and beans in a large pot, bring to a boil.

Reduce heat to simmer, cook uncovered till beans are tender (about 2 hours?).

Add lotus seed and sugar (plus tapioca and rice balls if you choose to), cook until soup thickens a little and lotus seeds are tender, but not mushy (20 minutes).

Add vanilla, serve hot for a perfect winter dessert, or you can let the soup cool down, then add ice.

With this basic recipe, you can take out all the beans, increase the amount of lotus seeds and have a lotus seeds sweet soup instead.

Rainbow Drink (Che Ba Mau)

Ingredients

- 3/4 cup skinless split mung beans, soaked for 3 hours and drained
- 3/4 cup sugar
- 1/2 cup red azuki beans, soaked for 4 hours and drained
- 1-1/2 cups coconut milk
- 1/4 cup tapioca pearls
- 1 can longan, drained

Directions

1 Bring 2 cups water to a simmer in a pot over medium heat. Add the mung beans and 1/4 cup sugar. Cook, stirring constantly, until the water is completely absorbed, about 20 minutes. Remove from the heat and allow to cool. Refrigerate until ready to use.

2 Bring 2 cups of water just to a boil in a pot over medium heat. Reduce the heat to low, add the azuki beans and 1/4 cup sugar. Cover and simmer until the beans are cooked through, about 3 hours. Remove from the heat and allow to cool. Refrigerate until ready to use.

3 Meanwhile, bring the coconut milk and 1-1/2 cups water to a boil. Reduce the heat to low, add the remaining sugar and tapioca pearls, and simmer until the tapioca pearls have become completely transparent. Remove from the heat and allow to cool. Refrigerate until ready to use.

4 In an ice cream soda glass, working in layers, place 2 tablespoons shaved ice in between 3 tablespoons each of everything else starting with shaved ice, coconut tapioca, shaved ice (again), azuki beans, shaved ice (again), coconut tapioca (again), and a few longans on top. Use ice cream spoons to eat and a straw to sip.

Che Xung Xa Hot Luu

Ingredients

- 1 .88 oz bag agar-agar powder
- 6 cups of water
- 2 cup of fresh (or 1 can) water chestnuts
- red food coloring
- 1/2 cup of dry mung beans
- tapioca starch
- 1 cup of sugar

- 1/2 cup of water
- 1 can of coconut milk
- crushed ice

Directions

To make mungbean:

Soak the mung beans for 2 hrs. Then drain and wash them. Finally, steam the beans for 20 mins and set aside for cooling.

To make strands of jelly:

1. Stir 1 cup of cold water with agar-agar powder and set aside.
2. Boil 5 cups of water, add agar-agar, reduce heat and simmer for 3-5 mins.
3. Pour this into 9-inches square bakin pan and refrigerate until firm. Then slice the jelly into thin long strands.

To make Red Tapioca: 1. Cut the chestnuts into 1/4 inches cubes. Add a few drops of red food coloring. Coat the cubes with tapioca starch and quickly throw then into boiling water.

2. Cook the cubes for 30 mins, drain and set them aside in a bowl of cold water to keep them from stickin together.

Syrup: - Combine 1/2 cup of water with 1 cup of sugar and boil for a few minute, then cool.

Arrange "Che" in the order from bottom to top of the tall glass:

1. a layer of mungbean
2. some long strain of jelly
3. red tapioca
4. crush ice

FINAL STEP: pour the syrup into the glass and top with coconut milk. serve immediately

Che` Trai' Ca^Y

Ingredients

- 1 can of logan
- 1 can of su*o*ng xa (get the can that's has green jello not black jello)cut this into small squares
- 1 can of jack fruit (cut this into little thin strings or strips)
- 1 quart of milk
- 2 cups of sugar (you can add more if you want it sweeter)

Directions

Pour the quart of milk into the bowl. Than add in the sugar and mix it. Add in the cans of fruits. After that regridgerate and you can eat it.

Chè Thái

Ingredients

- - 2 bags frozen jackfruit (mít ngh?)
- - 1 can Coconut gel (D?a d?o) - d?a nu?c
- - 1 can lychee or logan (Nh?n hay dz?i)
- - 1 can White Grass Jelly (Suong Sáo Tr?ng)
- - 2 can Thai Tea (Trà Thái)
- - 1 pint half and half cream (Không bi?t g?i là gì BêDê cream)

Directions

Slice White grass Jelly, coconut gel in small square pieces, also slice jack fruit into small strips and cut lychee into half Then everything in 1 big bowl now you mix w/ Cream and ThaiTea... Add some milk in if it tastes so sweet ...

Green Bean Paste with Coconut Milk Recipe (Che Dau Xanh Danh)

Ingredients : Serves 4

| | |
|---------------|--|
| 500 g | Split green beans, soaked overnight |
| 2.1 liters | Water |
| 300 g | Sugar |
| | Shave ice |
| Coconut milk | |
| syrup | Water |
| 500 ml | Screwpine |
| 100 ml | Sugar |
| 4 tablespoons | Coconut milk |
| 6 tablespoons | Tapioca flour, mixed with 125 ml water |
| 1 tablespoon | |

Method :

- Drain green beans and boil in 2 liters water until soft.
- Alternatively, steam green beans until soft.
- Blend (process) green beans well with sugar and 100 ml water to mix well into a paste.
Set aside to cool.
- Prepare coconut milk syrup. In a small pot, bring to the boil water and screwpine leaves for 10 minutes. Remove and discard screwpine leaves.
- Lower heat to a simmer then stir in sugar and coconut milk. Gradually add in tapioca flour mixture and stir until thick.
- Serve green bean paste in a glass topped with shaved ice and coconut milk syrup.

Banh Bo Nuomg

INGREDIENTS

? FLOUR:

- 150g rice flour
- 150g thin coconut milk
- 1/2 tsp baking powder

B. SUGAR MIXTURE:

- 200g sugar
- 150g coconut milk
- 1/2 tsp baking powder
- oil for pan coating

- 1 tsp vanilla
- Wax paper for bottom pan lining.

METHOD

To finish this cake, there are three steps:

+ Step 1: mixing flour.

Bring to boil the coconut milk, add sugar, mix well, cool down, then add baking powder and vanilla.

+ Step2: combine sugar mixture and flour mixture.

Pour the sugar mixture into the flour mixture, mix well and wait 30 minutes for the batter raising well.

+ Step 3: baking

1. Preheat oven at 350 degrees and put the pan inside until it hot .
2. Remove, grease and paper lining bottom of the pan.
3. Putting a small basket on top of the heating pan and pour the batter over. The batter will drift down slowly until finish.
4. Put back the pan to the oven at 350 degrees for 10 minutes and lower the heat to 300 degrees until you can smell it (around 30 minutes) .
5. Use a tooth pick to test; if it comes out clean, remove the pan from the oven.
6. Let it cool down before serving. **ENJOY...**

Good luck!!!

Vietnamese Pancake (Banh Xeo)

Banh xeo (Vietnamese pancakes) is a favorite dish inside and outside Vietnam. Making it from scratch is a very time-consuming task, but you can buy bags of prepared flour which speeds up the process considerably. The following recipe makes between 10 and 12 pancakes, depending on the desired size.

Ingredients

- 1 package of prepared flour (bot banh xeo) with attached turmeric package.
- 1 lb peeled shrimp
- 3/4 lb of ground pork or 1/2 lb of bacon
- 1 cup of coconut milk
- 7 oz (200g) of peeled split mung bean
- 4 cups of cold water
- 2 lb fresh bean sprouts

2 yellow onions, finely chopped
some green onion, finely chopped
salt and pepper
vegetable oil

Cooking:

Put mung beans in a pan with water and boil until tender. Drain water, cover, and cook on low heat for about 5 to 7 minutes.

Take mung beans out of the pan and mash them.

Step 1: Mix the prepared flour with the tumeric package in a large bowl. Add 4 cups of cold water and 1 cup of coconut milk. Add finely chopped green onions, mix well and wait for 5-10 minutes.

Step 2: Saute' finely chopped onions, shrimp and ground pork with a little vegetable oil. Stir occasionally until shrimp and pork are cooked.

Step 3: Put a little vegetable oil in a medium wok on medium heat. Spread out oil in the pan. Once the oil is hot, put 1/3 cup of batter in the pan. Spread batter in pan similarly to cooking omelets.

Step 4: Put shrimp and pork mixture, bean sprouts, and mung beans on top of the uncooked pancake. Fold it in half when firm and cover the wok for a minute. Flip the pancake over and cover the wok for a minute to cook the other side.

Step 5: Put the pancake on a plate and its ready to serve.

Step 6: Repeat the steps until batter is used.