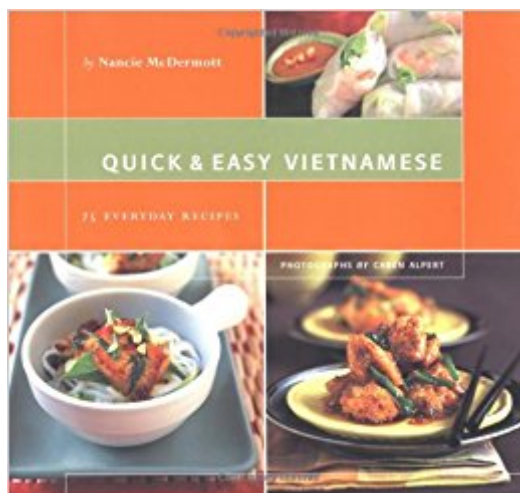


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# Quick & Easy Vietnamese: 75 Everyday Recipes



## Synopsis

From the author of the popular *Quick & Easy Thai* come these 75 oh-so-delicious recipes for every level of cook. Though it shares certain culinary traditions with its Asian neighbors, Vietnamese cuisine is entirely distinct, focusing on a bounty of fresh fruits, vegetables, and herbs for signature clear, bright flavors with contrasting notes of salty, sweet, sour, and spicy. Creamy chicken curry is paired with the zesty tang of lime juice and the heat from ground pepper and chilies. Crisp, fried fish is served with a puree of pineapple-chili sauce. Delicate, rice paper wrapped summer rolls merit a rich and savory soybean dipping sauce. From snacks and soups to grilled meats and seafood to the essential noodle dishes and desserts, *Quick & Easy Vietnamese* presents the full spectrum of Vietnamese cooking at its most simply delicious.

## Book Information

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## Customer Reviews

This snappy workhorse of a cookbook reveals the blend of tropical ingredients, delicate seasonings and French colonial influences that distinguish Vietnamese cooking and offers recipes easy enough to integrate into one's standard recipe roster. McDermott (*Quick & Easy Thai*) begins with a primer on elements of Vietnamese cuisine: "Contrasts prevail," "soup is a mainstay" and "[m]eat often stands alone, minimally seasoned." She then reviews the cuisine's central herbs (Asian basil, cilantro), starches (rice noodles, rice paper wrappers) and other foundations (chili-garlic sauce, coconut milk). Throughout, McDermott delivers the history and food information with a sureness indicative of the years she has spent in southeast Asia. Among the book's many notable dishes are

Shaking Beef with Purple Onions and Watercress; Chicken Simmered in Caramel Sauce; Cha Ca Fish with Fresh Dill, Hanoi Style; and, for dessert, Sweet Coconut Ribbons, and Crème Caramel, which, McDermott explains, was adopted by the Vietnamese, who had long enjoyed their own version of steamed custard before the French arrived. Stunning color photographs by Caren Alpert illustrate the distinctiveness of Vietnamese cuisine. (Jan.) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

"This snappy workhorse of a cookbook reveals the blend of tropical ingredients, delicate seasonings and French colonial influences that distinguish Vietnamese cooking and offers recipes easy enough to integrate into one's standard recipe roster. McDermott (Quick & Easy Thai ) begins with a primer on elements of Vietnamese cuisine: "Contrasts prevail," "soup is a mainstay" and "[m]eat often stands alone, minimally seasoned." She then reviews the cuisine's central herbs (Asian basil, cilantro), starches (rice noodles, rice paper wrappers) and other foundations (chili-garlic sauce, coconut milk). Throughout, McDermott delivers the history and food information with a sureness indicative of the years she has spent in southeast Asia. Among the book's many notable dishes are Shaking Beef with Purple Onions and Watercress; Chicken Simmered in Caramel Sauce; Cha Ca Fish with Fresh Dill, Hanoi Style; and, for dessert, Sweet Coconut Ribbons, and Crème Caramel, which, McDermott explains, was adopted by the Vietnamese, who had long enjoyed their own version of steamed custard before the French arrived. Stunning color photographs by Caren Alpert illustrate the distinctiveness of Vietnamese cuisine. " -Publisher's Weekly

I own several of Nancie McDermott's cook books (Quick & Easy Thai, Quick & Easy Chinese, Southern Pies and Southern Cakes). This book is written in a similar way to her other books, I love her quick backgrounds before the recipes. I also love how approachable her cookbooks are and that she offers substitutions for many ingredients that are hard to find or that you might not have on hand. I love that there are usually a few recipes per book that I can make with what I have on hand or can find at any grocery store (being able to find the ingredient or substitute ingredient easily is so important when you live in a small town or more rural location!). I docked a star because this book has noticeably fewer pictures than others by her published in the same format (I counted a chapter and only 1 in 3 recipes had photos where in the other cookbooks I own by McDermott have pictures for most recipes).

I am a working mom who wants to eat better, cook more, and lose some weight. My husband and I

spend way too much money dining out, and we don't really know what we're eating. I wanted to find some cookbooks that could help us cook at home more often without sacrificing flavor. We love Asian food, but I've always been intimidated by the idea of cooking it, and a lot of the ready made mixes taste more 'American' than Asian. I researched this book pretty heavily through user reviews, and using 's Look Inside feature to really verify whether I'd be likely to actually cook the dishes. The recipes are pretty simple! As long as you have access to things like lemongrass and fish oil, which near me in California is sold at every major grocery store, anyone could make these recipes. They only have a few ingredients, and don't require difficult technique. You may not have all the ingredients in your fridge, but once you acquire the right supplies these are easy recipes. Tip: At several supermarkets near me you can buy tubes of lemongrass paste (sort of like pre-chopped garlic) in the herbs section. For those of us who don't know a lot about preparing or selecting lemongrass, this is an easy cheat that can help make these dishes even more approachable!

One of the best cookbooks I have ever had. Easy recipes, even for a cooking failure like me. My family is surprised each time I cook a recipe from this book, because it turns out okay to great.

The Good: I use this cookbook all the time, and every dish I've made from it has turned out great. Several have become family favorites: "Big, Cool Noodle Bowl with Roast Chicken, Cucumbers, and Fresh Mint" (p. 133), "Shrimp Fried Rice" (p. 122), and "Crab and Asparagus Soup" (p. 50) to name a few. The recipes are clear and easy to follow. The photographs are plentiful and accurately portray the dishes. It's a small thing, but the flaps on the front and back covers are very helpful since I usually make more than one dish from this cookbook at a time, and it saves me flipping back and forth. The Bad: There are a few recipes I haven't been able to try yet because I can't find the ingredients. Note: this is my own fault--I'm an American living in Germany and I just haven't taken the time & effort to translate the names of the ingredients and go to a local Asian grocery. The Verdict: I like this cookbook so much I got one for my adult children, who also use it.

This recipes are very easy to follow, especially for beginners. Some of the ingredients are not something that I could find in my local grocery store, so you may have to go to an Asian market. Spring rolls are easy to make and very delicious. This book made making food from other cultures less intimidating and more enjoyable.

The recipes in this book, as others have said, are tasty, easy, and authentic. The problem is that the

pictures have been enhanced. For instance, the Chicken Simmered in Caramel sauce on page 62. This was AMAZING, but the picture shows chicken that has obviously been coated in something as it has a crispy looking crust that was not possible to obtain given the ingredients and method. If that doesn't bother you, and it only slightly bothered me... buy it! Cook it! Enjoy!

My Mom is Vietnamese and I grew up with this kind of food (my version of comfort food)! I've only made a few dishes out of here, but they are very authentic and taste very close to Mom's cookin! The eggplant with caramelized onions dish and the ginger chicken were both very authentic. I'm looking forward to cooking and eating more!!

Great recipes. They are simple and easy to follow. I have made the papaya salad and shrimp sweet and sour soup. I added more ingredients to the recipe to make them more authentic. I added thai chiles for some heat and other veggies that are in these two ingredients that might be hard to find in some areas of America, but not where I live. I will make more recipes. This cookbook makes me less fearful of trying to make Vietnamese food at home.

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