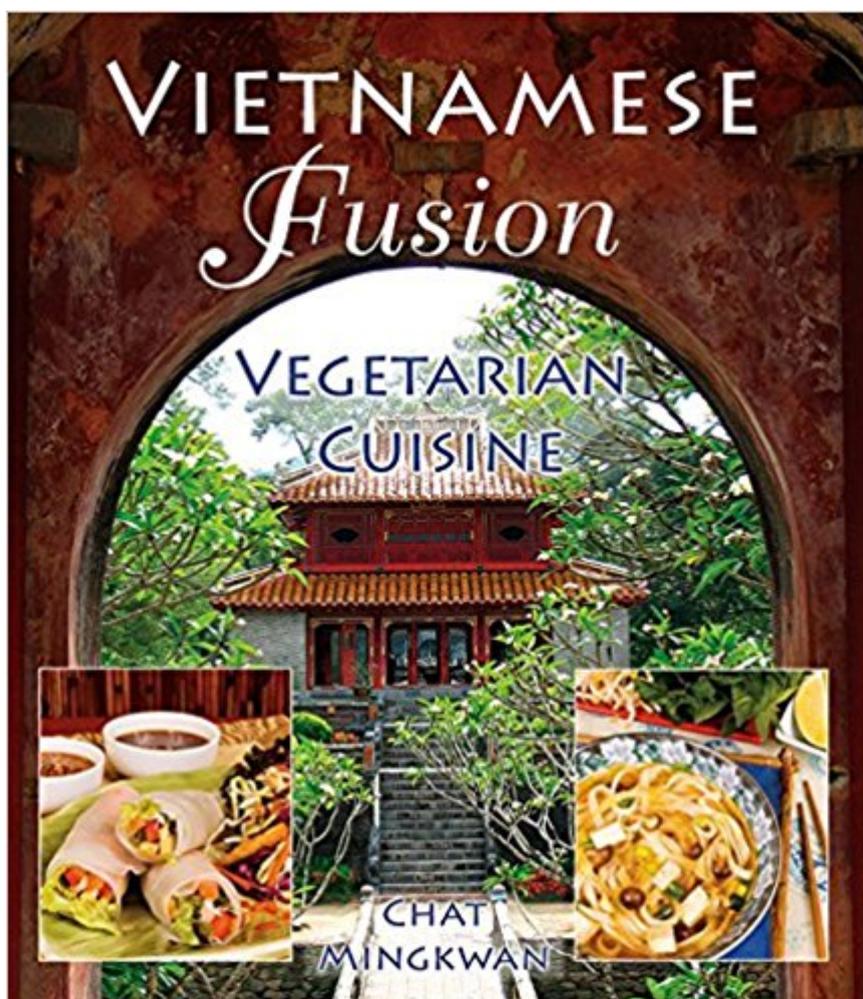


The book was found

Vietnamese Fusion: Vegetarian Cuisine



Synopsis

Fresh Spring Rolls - Glass Noodle Soup - Papaya Salad - Clay Pot Vegetables - Lemongrass Dry Noodles. Enjoy many of your favorite Vietnamese dishes now with a vegetarian twist. Renown Asian culinary expert Chat Mingkwan presents time-honored favorites using completely plant-based ingredients. You're offered a bevy of delicious choices, whether you're making an ensemble for a multi-course meal or an extravagant dish with a host of accompaniments. Typical Vietnamese cooking is already characterized by the use of a vast array of fresh herbs and vegetables. Introducing soy-based alternatives in place of the traditional meat and fish, Chat makes this already nutritious fare even better for you and the planet.

Book Information

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Customer Reviews

The distinctive local herbs and produce of Vietnamese cuisine has been heavily impacted French, Chinese, and Indian influences with respect ingredients and techniques. Now this culinary tradition has been further influenced and developed by Chat Mingkwan who transforms classic ethnic recipes into gourmet quality vegetarian dishes through utilizing customary Vietnamese seasons and ingredients, but substituting innovative animal-free alternatives for meat or fish in the recipes comprising "Vietnamese Fusion: Vegetarian Cuisine". After informing the kitchen cook about the characteristics of Vietnamese cuisine, soy products, and other ingredients fundamental to Vietnamese dishes including herbs and spices, vegetables and fruits, rice, noodles, wrappers, and seasonings, "Vietnamese Fusion" organizes the recipes themselves into sections on sauces,

snacks and appetizers, soups and salads, main dishes, sweets and beverages. The easy -o-follow, step-by-step recipes themselves range from Sot Dau Phong (Peanut Sauce); to Canh Chua Thom (Hot-and-Sour Soup with Pineapple and Tamarind); to Nam Rom Nhung Dam (Mushrooms in Vinegar Fondue); to Banh Goi (Steamed Rice Cakes in Banana Leaves). Enhanced with color photographs of completed dishes, a list of references, mail order sources, an author biography, and an index, "Vietnamese Fusion" is especially recommended for personal and community library multi-ethnic and vegetarian cookbook collections.

The recipes in this book lack authenticity. If you were to look up a traditional recipe for Pho (for example) you would find all manner of spices used in the stock that this book leaves out resulting in a rather bland version of the original. You would do better buying an omni vietnamese cookbook & making your own substitutions.

There are very few cookbooks that I can find that capture the world of Vietnamese vegan/vegetarian cuisine I have enjoyed in restaurants. This book offers a few limited recipes of that sort, but is not the comprehensive discussion of the subject I would like to see and own. There is certainly a niche in the market for anyone capable of producing such a book.

I bought this book thinking that I could use it to create vegetarian options to many different dishes. That is to say, I expected more in a stir fry recipe than "add vegetarian stir-fry sauce". I expected too much. my bad. It's a little book, and it's got very little in it.

Great recipes, and can't wait to try them; however, I have one serious gripe: design of the book. It's very hard to read the ingredients because the text is on top of some kind of greyscale, pixelated graphic. The font is already small, and then the designer puts it on top of the graphic makes it quite hard on the eyes, and may the cooking gods help you if you have difficulty with your eyesight.

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