



# A GIRL'S GOTTA EAT GUIDE TO: VIETNAM

PAIRSWELLWITH.ME ·



# WHAT IT IS

AFTER PERUSING AISLES FOR ENDLESS HOURS, SAMPLING PIECES (OR HANDFULS) OF MANY FOREIGN PRODUCTS AND TRYING AUTHENTIC, TRADITIONAL DISHES IN VIETNAM, I DECIDED THAT EACH OF YOU NEED TO BE WITH ME ON THIS GLOBAL FOODIE JOURNEY.

IN AN EFFORT TO BRING YOU ALONG, I CREATED THIS GUIDE SO YOU CAN UP YOUR ANTE IN THE KITCHEN, IMPRESS YOUR FRIENDS WITH A THEMED PARTY DINNER OR SIP AND SAMPLE SOLO FOR A FUN A SATURDAY NIGHT IN.

*Pairs* WELL WITH ...

# HOW IT WORKS

IN THIS GUIDE, YOU WILL FIND A SELECTION OF MY FAVORITE PRODUCTS FROM MY MONTH IN VIETNAM, ALONG WITH NEW RECIPES TO TRY. ALL PRODUCTS CAN BE PURCHASED THROUGH MY AMAZON STORE. PICK AND PURCHASE WHAT SOUNDS BEST TO YOU! HOVER OVER ANY BOLDED ITEM WITHIN A RECIPE OR PAIRING FOR THE PERFECT PRODUCT RECOMMENDATION.

*NOTE: WHILE 100% OF PRODUCTS MAY NOT BE FROM THE FEATURED COUNTRY, MANY OF THEM ARE. ALL PRODUCT PREFERENCES, RECOMMENDATIONS & PAIRINGS ARE BY MY OWN SELECTION AND WOULD BE CHOICE ITEMS I'D PURCHASE.*

*pairs* WELL WITH ...

# THIS MONTH'S FAVORITE PRODUCTS

- + VIETNAMESE COFFEE
- + VIETNAMESE COFFEE PRESS
- + WHOLE ROASTED ALMOND CANDY
- + GREEN TEA & RED BEAN ENGAGEMENT CAKE
- + JACKFRUIT CHIPS

[CLICK HERE TO START SHOPPING!](#)

*Pairs* WELL WITH ...

# VIETNAMESE RECIPES



**VIETNAMESE  
ICED COFFEE**



**BÒ BÍA  
(SPRING ROLLS)**



**BÚN CHẢ  
(GRILLED PORK)**



**CHÈ CHUỐI  
(FRUIT TAPIOCA  
DESSERT)**

# VIETNAMESE ICED COFFEE



*Pairs Well With...Breakfast & Early Mornings*

Item: Beverage

Cuisine: Vietnamese

RECIPE & IMAGE SOURCED FROM: JOSEPH & JOYANNA  
ALLRECIPES.COM

## INGREDIENTS: (Makes 4 cups)

- 4 cups water
- 1/2 cup ground **Vietnamese coffee**
- 1/2 cup sweetened condensed milk
- 16 ice cubes

## DIRECTIONS:

1. Brew coffee with water using your preferred method to make brewed coffee. Spoon 2 tablespoons of sweetened condensed milk into each of 4 coffee cups. Pour 1 cup of fresh hot coffee into each cup, and stir to dissolve the milk. (Try **brewing your coffee with a press** like the Vietnamese do!)

2. Serve guests cups of coffee, and give each one a tall glass with 4 ice cubes, and a long handled spoon. Guests pour hot coffee over the ice cubes and stir briskly with the long handled spoon, making an agreeable clatter with the ice cubes to chill the coffee.

# BÒ BÍA (FRESH VIETNAMESE SPRING ROLLS)



*Pairs Well With...Peanut dipping sauce*

Item: Appetizer

Cuisine: Vietnamese

RECIPE SOURCED FROM: HUNGRY HUY  
HUNGRYHUY.COM

**INGREDIENTS:** (Serves 4, 8-10 rolls)

## ROLL:

3-4 tbsp dried shrimp

½ lb jicama, julienned

1 small carrot, julienned

2 tsp salt

3 Chinese sausages (lạp xường) - (you can also sub for chicken breast, beef or shrimp)

2 large eggs

2-3 leaves of lettuce

1 package rice paper (bánh tráng - I used 22 cm)

## DIPPING SAUCE:

1 garlic clove, finely chopped

½ tsp oil

2 tbsp hoisin sauce

2 tbsp water (more or less, to desired thickness)

1 tsp sugar

crushed peanuts

Sambal Oelek chili paste



# BÒ BÍA (FRESH VIETNAMESE SPRING ROLLS)-CONT.

## **DIRECTIONS:** *Bò Bía Rolls*

1. Soak dried shrimp in warm water for 2 hours, or overnight in the fridge.
2. Peel and julienne jicama and carrot, add to pot with 2 tsp salt and 1 cup water. Bring to a boil on high, then reduce to very low boil for about 15 minutes or until soft but slightly crunchy.
3. Whisk eggs to combine. Make a thin omelet in a non-stick pan on medium heat. Split into 2 batches if necessary. Roll up and cut into ribbons.
4. Slice Chinese sausages (or other meat) on an angle (about 45 degrees) and pan-fry on medium until cooked through.
5. Wash and prep the vegetables.
6. Dip rice paper into a plate of warm water for about four seconds to soften. It will soften more after you remove it from the water.
7. Assemble ingredients (as shown above) with a little bit of each ingredient.

## **DIRECTIONS:** *Dipping Sauce*

1. Heat minced garlic in a pan with oil until it starts to brown.
2. Meanwhile, in a bowl, mix hoisin sauce, water, and sugar.
3. When garlic is ready, pour the hoisin mixture into the pan and heat just until just boiling.
4. Remove from pan, top with crushed peanuts and chili paste



# BUN BO XAO (LEMONGRASS BEEF & NOODLE SALAD)



*Pairs Well With...German or Dry Riesling*

Item: Starter/Main Course

Cuisine: Vietnamese

RECIPE & IMAGED SOURCED FROM: DAVID TANIS  
NEWYORKTIMES.COM

## INGREDIENTS:

### FOR THE DIPPING SAUCE:

- 4 tablespoons Demerara or granulated light brown sugar
- 3 tablespoons rice vinegar
- 4 tablespoons lime juice, from 2 large limes
- 4 tablespoons best quality fish sauce, such as Red Boat
- 2 garlic cloves, minced
- 1 1-inch length ginger, peeled and minced
- 1 medium-hot red chile, such as Fresno, chopped
- 1 hot red or green bird chile, thinly sliced

### FOR THE STIR-FRY:

- 12 ounces rice vermicelli noodles
- 1 pound beef skirt steak or sirloin, in thin 1/4-inch slices
- 2 tablespoons best quality fish sauce, such as Red Boat
- 1 tablespoon Demerara or granulated light brown sugar
- 3 garlic cloves, minced

# BUN BO XAO - CONT.

## INGREDIENTS (cont):

3 tablespoons finely chopped lemon grass, tender centers only

1 head lettuce, such as butter lettuce or Little Gems, tender center leaves separated

2 tablespoons vegetable oil

4 scallions, slivered

1 medium carrot, cut in 3-inch lengths, julienned (about 1 cup)

1 small cucumber, 3-inch lengths, julienned (about 1 cup)

1 3-inch length daikon radish, julienned (about 1 cup)

Mixture of cilantro sprigs, mint leaves, basil leaves and small perilla (shiso) leaves, about 3 cups

4 tablespoons crushed roasted peanuts

4 tablespoons fried shallots, available in Asian groceries (or make your own using this recipe)

Small handful bean sprouts or sunflower sprouts (optional)

# BUN BO XAO - CONT.

## **DIRECTIONS:** *The Dipping Sauce*

1. In a small bowl combine sugar, rice vinegar and lime juice and stir to dissolve. Add fish sauce, garlic, ginger, chiles and 1/2 cup water and stir together. Let sit for 15 minutes for flavors to meld. (May be prepared a day ahead and refrigerated.)

## **DIRECTIONS:** *The Salad*

1. Bring a large pot of water to the boil. Add rice noodles, stir and turn off heat. Let noodles soften (5 to 8 minutes, depending on brand), then drain and rinse with cold water. Leave in colander at room temperature.
2. Meanwhile, combine beef, fish sauce, sugar, garlic and lemon grass in a bowl. Massage seasoning into beef and let sit for 15 minutes.
3. Line a serving bowl or four individual large wide soup bowls with a few lettuce leaves and top with noodles.
4. Heat the oil in a wok over high heat. When wok is nearly smoking, add beef and quickly stir-fry until lightly browned and just cooked, about 2 minutes. Work in batches if necessary so meat browns and doesn't steam. (If you do not have a wok, you may use a cast iron skillet and work in batches.)
5. Top noodles with cooked beef, scallions, carrot, cucumber and daikon. Sprinkle with herbs, crushed peanuts and fried shallots (add sprouts if using). Drizzle lightly with dipping sauce and pass remaining sauce at table.

# BÚN CHẢ (GRILLED PORK & NOODLES)



*Pairs Well With...Friends & All The Fixin's*

Item: Main Course

Cuisine: Vietnamese

RECIPE & IMAGE SOURCED FROM: MARION GRASBY  
TASTE.COM.AU

## INGREDIENTS:

- 1 tablespoon vegetable oil
- 200g rice vermicelli noodles
- 1 bunch fresh mint
- 1 bunch fresh coriander
- 1/2 cup fresh bean sprouts

## DRESSING:

- 55g (1/4 cup) caster sugar
- 60ml (1/4 cup) fish sauce
- 60ml (1/4 cup) water
- 2 tablespoons white vinegar
- 1 long fresh red chili
- 2 garlic cloves
- 2 tablespoons lime juice

## PORK PATTIES:

- 500g pork mince
- 1 garlic clove
- 1 egg, lightly whisked
- 1/4 cup green shallots, finely chopped
- 1/4 cup fresh mint leaves, finely chopped
- 1 tablespoon fish sauce
- 1/2 tsp ground black pepper

# BÚN CHẢ - CONT.

## DIRECTIONS:

1. For the dressing, place the sugar, fish sauce, water and vinegar in a small saucepan over high heat. Simmer for 2 minutes or until sugar dissolves.
2. De-seed and finely chop chili. Add to the saucepan with the garlic and lime juice. Stir to combine. Transfer mixture into 4 small individual sauce bowls.
3. For the patties, combine pork, garlic, egg, shallot, chopped mint, fish sauce and pepper in a bowl. Roll into 16 small balls. Gently pat to flatten into patties.
4. Heat the oil in a large frying pan over medium-high heat. Cook the patties in 2 batches for 3 minutes on each side or until golden and cooked through.
5. Meanwhile, place vermicelli in a heatproof bowl. Cover with boiling water and stand for 2 minutes or until tender. Drain well.
6. Arrange the noodles, mint leaves, coriander, bean sprouts and patties on a serving platter. Divide the dressing among 4 individual serving bowls.

# CHÈ CHUỐI (VIETNAMESE BANANA, COCONUT & TAPIOCA DESSERT)



*Pairs Well With...Chenin Blanc or Sémillon*

Item: Dessert

Cuisine: Vietnamese

RECIPE & IMAGE SOURCED FROM: HUNGRY HUY  
HUNGRYHUY.COM

## INGREDIENTS:

- 1 pound ripe Vietnamese bananas (or plantains)
- 4 ounces sugar
- ¼ teaspoon salt
- 3 tablespoons small tapioca balls
- 4 **pandan leaves** (or a few drops of pandan flavoring if leaves aren't available)
- ½ can coconut cream

## TOPPINGS:

- 2 tablespoons roasted peanuts, lightly crushed
- 2 tablespoons roasted sesame seeds, lightly crushed
- ½ teaspoon salt

## DIRECTIONS:

1. Soak the tapioca balls in warm water for about 20 minutes, then drain.
2. Peel and cut bananas then marinate it in 4oz sugar to sweeten them. Make sure all sides of the bananas are covered in sugar, then cover and refrigerate for 30 minutes to 2 days. The longer you can marinate, the better.

# CHÈ CHUỐI - CONT.

## DIRECTIONS (cont):

3. Bring 2 cups of water to a boil with 2 knots of pandan leaves. Turn the heat to medium, and simmer for about 20 minutes to extract the pandan flavor.
4. Add the remaining ingredients into the pot (banana, coconut creme, tapioca, salt), simmer on medium for about 15-20 minutes more until bananas reach desired softness.
5. Combine topping ingredients and sprinkle a bit on top of each individual serving



# SO...WHAT COMES NEXT?

- GET A DATE ON THE CALENDAR
- INVITE SOME FRIENDS
- ORDER SOME GOODS
- TAKE PRETTY FOOD PHOTOS, LET ME KNOW WHICH RECIPES & PRODUCTS YOU LOVED BEST

DON'T FORGET TO TAG & FOLLOW:

FACEBOOK: @PAIRSWELLWITH

INSTAGRAM: @CARINAROUNDTHEGLOBE

HASHTAGS: #PAIRSWELLWITH, #AGIRLSGOTTAEAT,  
#COUNTRY OF SAMPLING

*Pairs* WELL WITH ...