



**Beef noodle soup
“Pho bo”
Serves 2**

Ingredients stock mix

- ½ liter water
- ¼ cube beef stock (maggi)
- 2 cloves star anis
- 1 cinnamon / 1 tsp powder
- 400 g rice noodles
- 400 g beef filet
- 500 g beef-bone
- piece of fresh ginger
- 1 scallion
- 1 shallot
- ½ tsp pepper
- 1 tsp sugar
- ½ tsp salt
- 1 tbsp vegetable oil
- 1 tbsp fish sauce
- ½ tsp stock (pork, beef powder)

Ingredients side dish

- 1 cup stalk vegetables: coriander, mint and thyme
- ½ small onion
- 1 cup bean sprouts
- ½ tsp dried onion

Sauces (optional)

- ½ tsp chili sauce
- 1 tsp black pea sauce
- ½ tsp soya sauce
- 1 tsp lime



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Method

- Prepare the stock water by putting water, ginger, star anis, and the beef-bone in a reasonable sized pan before.
- Cook this for 1 hour. (This stock water can be used for 2 bowls)
- Cut the beef filet into thin small pieces. Heat the oil in a wok, add the shallot and scallion to stir fry for 10 sec.
- Now add the beef and fried it all together for another 30 sec.
- Add 1 cup of stock water in the pan together with sugar, fish sauce, salt and beef stock.
- Boil hot water in a pan, dip the noodles with a sieve spoon in for 1 min. Then put the noodles in a soup bowl.
- Put on a side plate the bean sprouts, coriander, fresh onion, mint and perilla, set aside
- Put in a ‘sauce’ dish the chilli sauce, black bean sauce, soya sauce and lemon, set aside
- Combine the soup to your noodles, sprinkle the dried onion and black pepper on top
- Now you can add your herbs and sauces to your liking



Mui Ne pancakes “Banh Xeo” Serves 1

Ingredients

- 1 cup dried rice flour
- 1½ cup fresh water
- pinch of salt
- pinch of turmeric powder (or curry /saffron)
- 100 g finely cut shrimps
- 2 thinly sliced spring onions
- pinch bean sprouts
- 1 tbsp vegetable oil

Method

- Prepare the rice batter mix by mixing rice flour, water, salt and turmeric powder in a small bowl.
- Heat the vegetable oil in a non-stick frying pan.
- Add the shrimps to the rice batter mix and stir the batter.
- Pour just enough into the pan to create a thin layer.
- Top with a few bean sprouts and spring onion.
- Fry over medium to high heat until the bottom of the pancakes are crisp.
- Fold the pancake in half and turn on to a plate. Repeat this process with the remaining ingredients.
- This dish tastes nice with prepared fish sauce (see sauces), some mint, basil and lettuce on the side



Seafood salad in half a pineapple
“Goi Hai San Trong Thuyen Thom”
Serves 4

Ingredients

- 2 tsps vegetable oil
- 1 tbsp thinly sliced onion or garlic
- 150 g shrimp
- 150 g squid
- ½ tsp black pepper
- 2 tbsp dried onion
- 2 pineapples (cut in ½, empty contents)
- 1 pack of prawn crackers
- 1 cup grated green mango, lotus root, carrot, cucumber and onion
- 2 slices red chillies
- 2 tsp sugar
- 1 tsp fish sauce
- pinch of salt
- 2 limes (2 tbsp lime juice)
- 1 cup mint
- 2 tbsp sesame seeds
- 2 tbsp peanut

Method

- Heat the oil in a wok and add the onion until lightly brown. Add the squid for 2 more min.
- Put in the shrimp and continue to cook for 2 more min, adding the black pepper at the end.
- Transfer the wok mix into a large bowl together with the green mango, lotus root, carrot, cucumber, onion, chillies, sugar, fish sauce, salt and lime juice. Mix well.
- Add the mint and sesame seeds just before serving, toss lightly.
- Transfer contents to pineapple boat and serve immediately with fresh prawn crackers.



Rice paper spring rolls “Goi Cuong” Serves 1

Ingredients

- 2 or 3 sheets rice paper
- 150 g pork (shrimp, crabmeat or tofu)
- ½ cucumber
- ½ tsp curry powder and star anis
- ½ tsp sugar
- ½ tsp pork stock
- 1 tsp sesame oil
- ½ tsp pepper
- 1 tsp fish sauce
- 1 tsp garlic, chopped
- small bowl of fresh water
- 1 tbsp oil

Method

- Soak the rice paper for one second until it is just soft.
- Mix in a wok 1 tbsp of vegetable oil together with the garlic.
- Mix the pork, sugar, fish sauce, curry powder, star anis, pepper, pork stock and sesame oil in a small bowl.
- Add the mixture of pork into the pan and fried this for 4 min.
- Then arrange the pork mixture together with the noodles, mint, and lettuce on the paper along the edge leaving about 2 inches uncovered on each side
- Fold uncovered sides inward then tightly roll the wrapper and closing the roll off with a bit of fresh water.
- Then dip the spring roll in a peanut sauce (see sauces). Great combination.



Sauces

“ Sot – Nuoc Cham ”

Peanut sauce

- 3 tbsp fresh water
- 3,5 tsp fish sauce
- 1 tsp crushed garlic
- 3 tbsp crushed peanuts
- 2 tbsp chilli sauce
- 1 tsp crushed chilli
- 2 tbsp lemon
- pinch chilli powder

Method

- If you like your sauce slightly warm, place all ingredients in a pan and mix over a moderate heat for 20 sec.

Fish sauce – sweet & sour sauce

- 1 tbsp sugar
- 1 tbsp water
- 1 tbsp lemon juice
- 1 tbsp fish sauce
- ½ tsp chopped garlic
- ½ tsp chopped chilli

Method

- In a small bowl add lemon juice, sugar and fish sauce.
- Mix together until the sugar is dissolved completely.
- Then add the chilli and garlic stirring well.

