Bun Bo - Vietnamese Spicy Beef Noodle

What do you need to know?

- Original from Hue Province - Bun Bo Hue
- Popular all around Vietnam
- Famous for its saltiness and spiciness
- Similar to Udon in Japan

How does it taste?

- Sweet broth
- Spicy with satay and chillies
- Salty with shrimp paste
- Deep scented of lemongrass

How to enjoy

Crispy Vietnamese Pancake (Banh Xeo)

VJYE 2021 _ Anna

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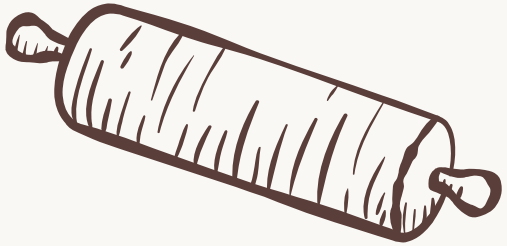
01 Introduction

"Banh Xeo"



Crispy Vietnamese Pancake

- Famous street food which is widely believed to originate from France during its occupation of Vietnam.
- The word “xèo” depicts the sizzling sound when pouring the rice batter into the hot skillet.
- Each region across this S-shaped country has its own unique ingredients and flavours to make bánh xèo become one of its specialities

Its taste

- Right after the first bite, the impressive taste of crunchy crust, savoury fillings, sweet and sour dipping sauce will definitely make you fall in love with this delicacy.

>> It likes there is an orchestra playing in your mouth

02

My recipes

Step-by-step

Ingredients

Crepe Batter:

- [ ] 1 cup rice flour
- [ ] ½ teaspoon white sugar
- [ ] ½ teaspoon salt
- [ ] ¼ teaspoon ground turmeric
- [ ] 1 cup coconut milk
- [ ] ½ cup water

Filling:

- [ ] 2 tablespoons vegetable oil, divided, or as needed
- [ ] 2 tablespoons minced shallot
- [ ] 2 cloves garlic, minced, or more to taste
- [ ] ¾ pound fresh shrimp, peeled and deveined
- [ ] 2 tablespoons fish sauce, or more to taste
- [ ] salt to taste
- [ ] 1 pound mung bean sprouts
- [ ] 4 lettuce leaves, or as needed

Step 1
Mix rice flour, sugar, 1/2 teaspoon salt, and turmeric together in a large bowl. Beat in coconut milk to make a thick batter. Slowly beat in water until batter is the consistency of a thin crepe batter.

Step 2
Heat 1 1/2 tablespoon oil in a large skillet over medium-high heat. Add shallot and garlic; cook and stir until fragrant but not browning, 1 to 2 minutes. Add shrimp; saute until cooked through and opaque, 3 to 4 minutes. Season with fish sauce and salt. Transfer filling to a bowl

Step 3
Preheat oven to 200 degrees F (95 degrees C).

Step 4
Wipe out skillet and reheat over medium heat. Add remaining 1 1/2 teaspoon oil. Stir crepe batter and pour 1/2 cup into the hot skillet, swirling to coat the bottom. Lay 3 or 4 of the cooked shrimp on the bottom half of the crepe. Top with a small handful of bean sprouts. Cook until batter looks set and edges start to brown, about 1 minute. Fold crepe over and slide onto an oven-safe plate.

Step 5
Place crepe in the preheated oven to keep warm. Repeat with remaining batter and filling.

Step 6
Serve lettuce leaves alongside filled crepes. Break off pieces of crepe and roll up in lettuce leaves to eat.

Thanks for Listening ^_^

BUN RIEU

THE ORIGIN OF BUN RIEU:

Bun Rieu is a well-known dish to all locals across Vietnam, but it is believed to originate from the North, particularly from the people of the Red River Delta (Dong Bang Song Hong), the biggest delta in the North. Then it spread to the Central region and the South following the southward migration of northern natives.

The northern version of Bun Rieu is less "crowded" than that of the south, starring crab paste, tomatoes (wedged slices), fried tofu, small cubes of fried pork fat, and shrimp paste.

When it gets to the Central region, Cha Lua (cold cuts) are added.

Then when it gets to the South (to be more exact, the Mekong Delta region), blood pudding, pork ribs, pettitoes, squids, dried shrimps, and even sea snails (Oc Buou) are added. Another note is that besides shrimp paste, southern people may also use tamarind to season the broth.

INGREDIENT

Crab Paste:

"Rieu" is crab paste in Vietnamese. Crab paste may not look good to the eye, but its creamy texture and its rich taste is definitely going to melt you. Now, there is a difference between the North and the South of Vietnam in the way they make crab paste. The northern crab paste is made solely from grinding whole paddy crabs (even the hard shell, but after cleaned and ground thoroughly, the creamy, soft texture is ensured). The southern crab paste, on the other hand, has a firmer texture since ground pork and egg yolk are added to the paste.

Broth:

As is the case with other Vietnamese noodle soups, a good broth demands time and dedication: it is cooked from boiling pork bones, or rib bones, in a big pot of water for hours. This is meant to achieve a naturally sweet flavor of the broth that pleases every taste bud. Lazy cooks would just go with the industrial MSG and annoy their diners with an unpleasant and unhealthy sweetness, and that would ultimately kill their business, obviously. Tomatoes are another contributor to the flavorful broth of Bun Rieu.

Noodles/Rice vermicelli:

made from rice, the carb of the dish, taking up a big part of the dish but essentially plays a complementary role to enhance the flavor of the other components (protein components). Noodles in Bun Rieu is similar to that in Bun Bo Hue but thinner

INGREDIENT

Meatballs, or alternatively, Cha Lua (Vietnamese cold cuts): meaty and tasty, increasing the calories of the dish, making sure diners have a full, energizing meal.

Fried tofu: tofu is cut in cubes and deep-fried to have a crispy outer layer. A component that helps balance the amount of protein, making the dish less fatty.

Blood pudding: made from pork blood. Bland taste or can be a bit salty. Supplement of many minerals and add texture to the dish.

Fresh herbs and vegetables: bean sprouts, banana flowers, morning glory. The ultimate key to the balance of protein and fiber.

Optional condiments: shrimp paste, chili/spicy sauce, lime.

ĐẬU HŨ
GIA TRUYỀN

BUN RIEU CUA OC

BUN RIEU TOM CUA

BUN RIEU CUA GIO HEO:

BUN RIEU THUONG:

WELCOME TO

Hanoi

- Bún Chả -

Bún Chả

INGREDIENTS

- Grilled meats (pork)
- Rice noodles
- Fish sauce (sugar, lemon juice, chili peppers, garlic, etc)
- Pickles (green papayas, carrots, onions, etc)
- Fresh vegetables
- Side dishes (spring rolls, garlic, etc)

“ Ngàn năm bửu vật đất Thăng Long

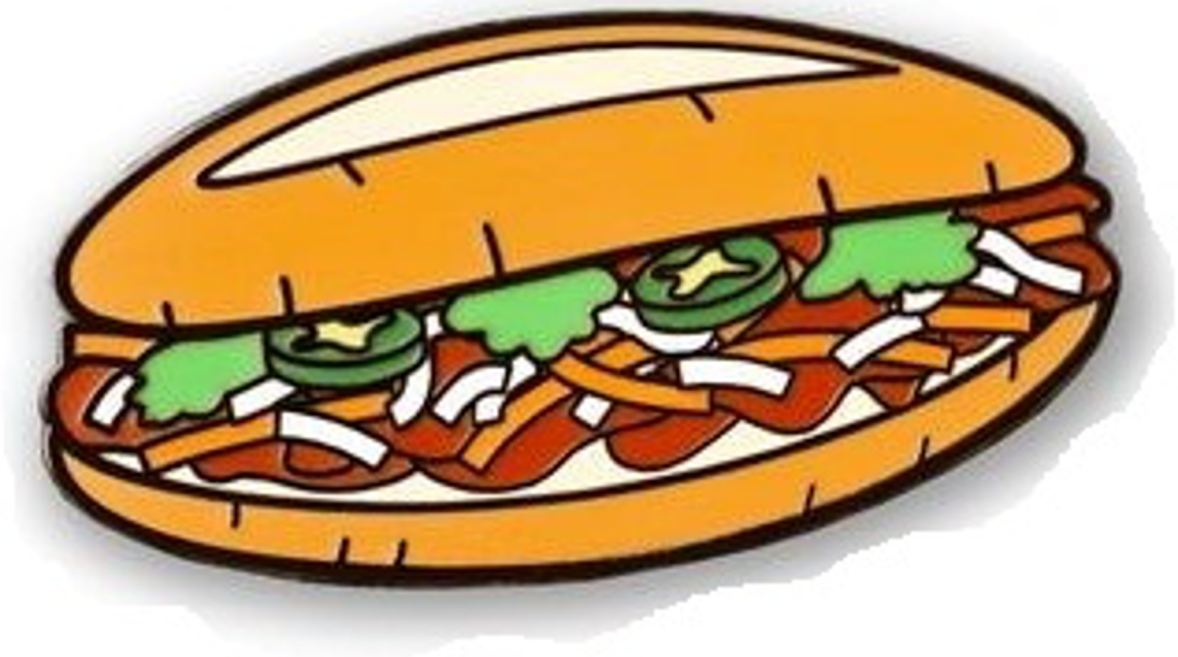
Bún chả là đây có phải không?... “

- Thạch Lam

BÁNH MÌ

A BRIEF HISTORY OF "BÁNH MÌ"

- Banh mi was first introduced to Vietnam during the French colonial period.
- It is a modification of the baguette.
- It served only the French colonists at expensive restaurants.
- The locals learned how to make this food themselves.
- Banh mi became a hit.
- The favorite breakfast to the Saigon until now.



- It is convenient and ideal for people who have to go to work or study early in the morning.
- That is the reason why Banh Mi vendors are takeaways, without any chairs or tables to sit down.

BANH MI THIT BREAD WITH MEAT

BANH MI XIU MAI BREAD WITH MEATBALLS

BANH MI CA MOI
CANNED SARDINES

BANH MI CHA CA
FRIED FISH PATTY

BANH MI HEO QUAY
ROASTED PORK

BANH MI OP LA
SUNNY - SIDE - UP

BÁNH MÌ CHẢO