



### [Vietnamese Food Any Day: Simple Recipes for True, Fresh Flavors](#)

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#### **Our Summary:**

“We are cooking and eating in very exciting times,” says award-winning cookbook author *Andrea Nguyen*. She came to America from Vietnam at the age of six and brought with her a curiosity of American food, a super market obsession and the intrinsic desire to keep her feet in both worlds. In her latest cookbook, [Vietnamese Food Any Day: Simple Recipes for True, Fresh Flavors](#), Nguyen unlocks the cuisines of Asia for the home cook. She honors her culture, staying open minded, and appreciating the nature’s bounty that is available in our super

markets today. These recipes are not exotic, they are simplistic; all of the ingredients can be found in today’s grocery stores. This cookbook will help you masterfully build bold flavors and put together delicious Vietnamese meals for your cooking repertoire.

#### **What you need to know:**

**Get it:** [Vietnamese Food Any Day: Simple Recipes for True, Fresh Flavors](#). Copyright ©2019 by Andrea Nguyen. Photographs copyright © 2019 by Aubrie Pick. Published by Ten Speed Press, an imprint of the Crown Publishing Group, a division of Penguin Random House LLC, New York, February 5, 2019 Hardcover \$24.99; ([Amazon \\$16.50](#); [Kindle \\$13.99](#)).

**See it:** 240 pages of authentic Vietnamese recipes, with a few photographs of the finished recipes. A beautifully photographed Vietnamese pantry showcasing the ingredients necessary for a successful and flavorful cooking experience. An orderly *Table of Contents* that is further highlighted by Vietnamese cultural anecdotes shared personally by the author.

**Make it:** 80 “deliciously doable” Vietnamese recipes. A headnote that includes cultural and technical tidbits, and cross-reference to other recipes in the book, accompany each recipe. Many recipes also share fantastic mastering notes, tips and substitution suggestions.

#### **Cherie’s Review:**

“Cookbooks are like technical manuals; the front of the book presents the ground rules, and this cookbook is no exception,” says author *Andrea Nguyen* about the organization of her latest cookbook, [Vietnamese Food Any Day: Simple Recipes for True, Fresh Flavors](#). She offers her expertise on *Menu Planning*, *How to Use Recipes Like A Pro*, *Essential Equipment*, and *Stocking Your International Pantry* all before starting her first chapter! Each element of the “ground rules” is presented simply and precisely which helps you build your foundation for making these thoughtfully crafted Vietnamese recipes.

Chapter one follows with *Basic Recipes and know-how*. Beginning with *Basic Rice*, *Nguyen* explains that this is the first thing she learned how to cook and how essential it is to Vietnamese cooking. Those fluffy grains can be prepared using a [rice cooker](#), a [pressure cooker](#), or a [multi-cooker](#), but she says you are



not going to get consistently good results. She sticks with the old-fashioned approach of using a heavy saucepan and a gradual lowering of the heat to best express the grain's flavor and texture. She provides a detailed table noting rice to water volumes as well as saucepan size and final yield amounts. Once you have mastered this recipe, you are well on your way! Additionally, Nguyen includes basic recipes for *Nuoc Cham*, *Chile Garlic Sauce* and *Caramel Sauce* all of which are simple and fast to make. They store well, are perfect to have on hand and they are flavorful accompaniments to many Vietnamese dishes.

[\*Vietnamese Any Day: Simple Recipes for True, Fresh Flavors\*](#) emphasizes the importance of versatility and creativity when preparing cross-cultural menus for eating in the American home today. The traditional Vietnamese meal consists of a soup, a main dish, a salad or vegetable side and a serving of rice. This collection of recipes gives you the flexibility to prepare whatever recipe you choose with whatever time you have. The weeknight recipes are streamlined, flavor-packed and easy to prepare. The *Versatile Vegetable Soup* is the perfect starter to any meal or can stand alone. Packed with chopped kale or spinach, onions, carrots, celery, mushrooms, ginger the soup is then topped with fresh herbs and served with rice or a protein. The flavors are simple, bright and fresh.

*Grilled Lemongrass Pork Chops* showcase the signature Vietnamese flavor of lemongrass. In [\*Vietnamese Any Day's\*](#) style, Nguyen makes this a perfect weeknight meal by using thin-cut, bone-in pork chops. The marinade combination uses lemongrass, (don't fear lemongrass-she has prep tips to help you succeed), with other ingredients to form a wet paste that coats the pork. This dish can be prepared on the stove top in a cast-iron grill pan or on the grill. It is served with the *Nuoc Cham Dipping Sauce*, a side of *Basic Rice* and *Easy Soy Sauce-Glazed Zucchini*. If you're uncertain as to how it should be plated, the complete dish is beautifully photographed for your inspiration.

[\*Vietnamese Food Any Day: Simple Recipes for True, Fresh Flavors\*](#) is based on a Vietnamese term, *kheo*, that means, "smart" and "adroit." When applied to cooking, it conveys food that is thoughtfully and skillfully prepared with intention and a grounding in fundamentals. These recipes, from *Snacks*, like *Vietnamese Empanadas* to *Sweets and Coffee* like *Banana-Coconut Bread Pudding* and *Vietnamese Coffee* are Nguyen's thoughtful interpretation of the food she loves. She showcases these recipes like a roadmap to guide us on our culinary journey. As she says, "you may make a wrong turn, or elect to take a detour, but you'll arrive at your destination and create your own personal path along the way. She encourages us to make these recipes our own using her endless "nifty tricks", notes, variations and bonus riffs that help us successfully master the alluring flavors of Vietnam.

**Recipes to cook from** [\*Vietnamese Food Any Day: Simple Recipes for True, Fresh Flavors\*](#) Copyright © 2019 by Andrea Nguyen. Reprinted with permission of Ten Speed Press, an imprint of the Crown Publishing Group, a division of Penguin Random House LLC.

[Gingery Greens and Shrimp Soup](#)

[Curry-Scented Grilled Beef Lettuce Wraps](#)

[Lemongrass Tempeh Crumbles](#)