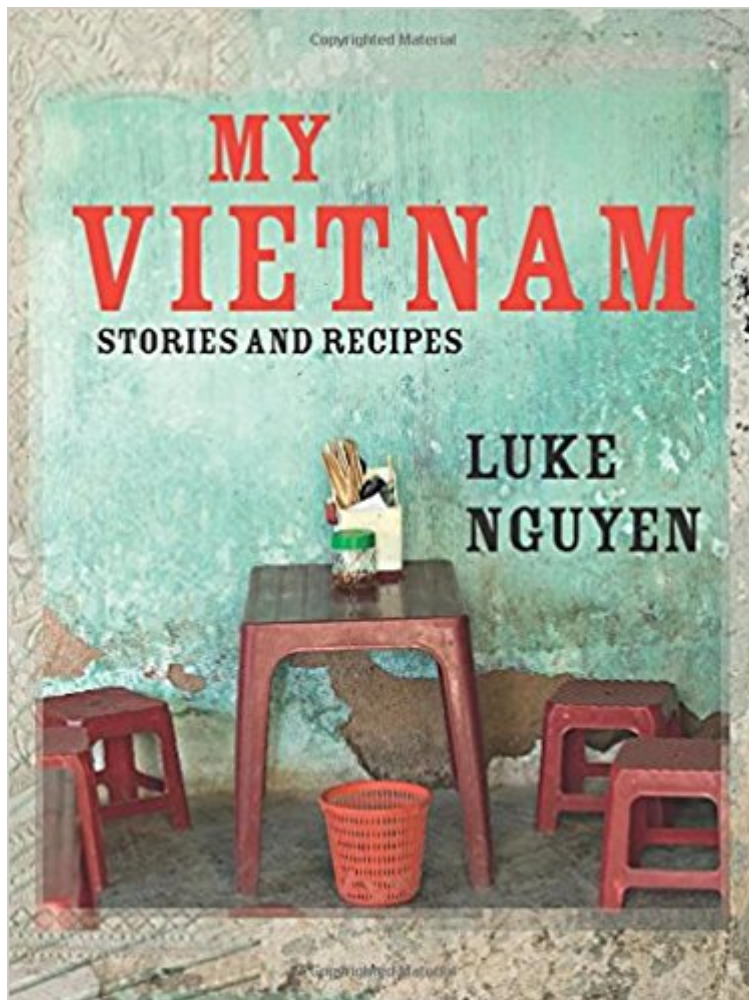




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# My Vietnam: Stories And Recipes



## Synopsis

A stunningly beautiful love letter to Vietnam with more than 100 recipes, from best-selling author and Cooking Channel host Luke Nguyen. In *My Vietnam*, chef, television star, and best-selling author Luke Nguyen returns home to discover the best of regional Vietnamese cooking. Starting in the north and ending in the south, Luke visits family and friends in all the country's diverse regions, is invited into the homes of local Vietnamese families, and meets food experts and local cooks to learn more about one of the richest, most diverse cuisines in the world. Savor more than 100 regional and family recipes from Tamarind Broth with Beef and Water Spinach to Wok-tossed Crab in Sate Sauce and enjoy vibrant, stunning full-color photographs bursting with color and textures and capturing the beauty of Vietnam, her people, and their deep connection to food.

## Book Information

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## Customer Reviews

From zesterdaily.com: Whenever I yearn to jet off to an exotic locale or simply want a way to spice up my dinner menu, I reach for Luke Nguyen's *My Vietnam*. Part travel narrative and part cookbook, this colorful tome takes readers on a culinary and cultural journey through Vietnam. Along the way we discover the magic behind the country's fresh, aromatic cuisine and learn how to create over 100 authentic, regional dishes. We also find out how diverse and charming this lush, Southeast Asian nation can be. A Vietnamese chef, restaurant owner and Cooking Channel host, Nguyen uses *My Vietnam* to detail his trip through his parents' homeland. As he proceeds from North through South Vietnam, he examines nine specific destinations and one region, the Mekong Delta. Throughout the book, gorgeous color photographs enliven and illustrate Nguyen's stories

and dishes. Flip through its pages and you end up feeling as though you, too, are trekking through Vietnam. So superb are many of the photos that I could easily classify *My Vietnam* as a coffee table book. Yet, while the pictures may be stunning, the food and anecdotes are even more so. | Inspiring and intriguing, *My Vietnam* provides the ideal antidote to tired mealtime menus and burning wanderlust.

Luke Nguyen, chef and coauthor of the internationally bestselling book *Secrets of the Red Lantern*, returns home to discover the best of regional Vietnamese cooking. In *My Vietnam* he takes a personal and culinary tour to learn more about one of the richest, most diverse cuisines in the world. Starting in the north of Vietnam and ending in the south, Luke visits his family and friends, is invited into the homes of local Vietnamese families, and meets food experts and local cooks. Accompanying his stories are more than 100 regional and family recipes "from Tamarind Broth with Beef and Water Spinach to Wok-tossed Crab in Sate Sauce" and vibrant, stunning photographs. Together these capture the beauty of Vietnam and her people's deep connection to food.

I already love this book. The graphics, the topography, the photographs are all gorgeous. It is part travelogue, part autobiography, and part cookbook. There is the odd unusual ingredient (that you can usually substitute or omit) but for the most part if you have an Asian store nearby you can do these recipes. They are not overly complex as sometimes happens when the author is a professional chef - these are recipes of his family and of local markets, restaurants, and hawkers. Vietnamese food is a relatively new thing in the US since most immigrants arrived in 1975 or latter - but it is well worth seeking out. It is not Thai, it is not Chinese, it is not French - although there are influences of all three - Vietnamese cuisine is it's own wonderful thing. If you want to get inside Vietnam, see some country side, see how the people live, and taste how they eat you will enjoy this book.

I'm Vietnamese so am very picky when I purchase cook books. I normally do a quick flip through the book and look at the recipes and ingredients to determine the authenticity of the recipes. Luke's recipes are very authentic easily seen by the simplicity of preparation and the ingredients that go into them. I enjoyed his previous book "Red Lantern" and this book is excellent as well. Highly recommended to anyone who is looking for an authentic Vietnamese cookbook. His stories are also very heartwarming!

I am Vietnamese and I love this book. I bought this book for my sister too; my brother looked at it and immediately tried to order the Kindle version (there is none). So I promised him I'll order one for his belated birthday present. I tried out several of the recipes for my siblings and we loved them all. The banana cake we had done about 3 times in one week because we were so impressed with it, we made it again to share among us and to bring to a potluck. I made the imperial clear dumplings and was amazed at how easy it was. I had not made them in 20 years because I was afraid of the hot dough (my old recipe). His recipe said to rest the dough for 15 minutes, wow, no burnt hands this time. I made two of the sauces, the dipping fish sauce, and the lemon fishsauce. They were both right on. The lotus stem salad was so good and simple to make. In one meal I made 4 of his recipes: the loofa soup, lotus stem salad, shrimps with pork belly, and banana cake. I was so proud of myself. I am actually making Vietnamese food from a cookbook, no guessing and repeated tasting. The book has great personal stories from Luke Nguyen that all of us find fascinating. I wish there were more pictures in this book, but the pictures he did have in them were wonderful. So far I have bought 4 copies of this book, 3 for my 3 siblings, 1 for me. I am so happy to finally find a book that I can be proud to display as a coffee table book and use it for cooking as well.

Beautiful pictures and good recipes. Interesting back stories but the author doesn't drone on and on about how wonderful and interesting he is like some other books. Learned some interesting things about the country as well and its different cities. The ingredients can be hard to find if you don't have a well stocked asian grocery store. But, if you do, the recipes I've tried have worked well and were easy to follow. I will definitely be cooking my way through much more of this book.

When I walk through my local Asian market, I'm always intrigued by the variety of produce I've never seen and have no idea how to cook. With Chef Nguyen's book, I've been able to make a start. He takes you region by region through Vietnam and introduces you to its beautiful people and food. As a kid of the sixties, my only impressions of Vietnam have come through war stories on the evening news and the political fallout afterward. This book has given me a new appreciation for the country and intrigued me enough to start trying out recipes. It includes pictures of nearly every dish, and English and Vietnamese names of the dishes (not that I could pronounce them). This is a hefty-sized book, some of the ingredients just can't be found in the mountain west of the US, and if you really want to browse by dish you'll need to use the index. But overall, it's a beautiful book, and if you like Chef Nguyen's TV series, you'll probably like this.

I collect cookbooks and this is by far my favorite one. I have been following his show and decided to buy the book. I am really glad I did. In fact, I like this book so much that I've taken it with me when I visit my friends' houses and one of my friends recently bought this for herself for her birthday! We cooked Banh Cuon together and made Auntie's sauce too. Everything turned out beautifully. The beef turnip salad was a hit! My husband loved it so much, he decided to open the book and made it for himself. I highly recommend this. The paper is good quality and the photos are beautiful. His stories are great. EXCELLENT book!

I was very pleased with this cookbook. It's well written and works well for the American Home cook too. It was well packed and arrived in wonderful condition. I'd recommend this cookbook to anyone interested in cooking Vietnamese style dishes. sent the book out as promised in a timely manner and it was a new book originally from the publisher

I just got the book the other day so I have not cook anything from it yet. But, being vietnamese myself, just by reading his recipes. I can tell that it is the real thing. The recipes is very similiar to my mom's cooking. I owned his first book so I know his recipes will work out just fine. I enjoy reading the stories in the book. He's so funny sometimes. I left Vietnam at age 5, and being living in the USA for 31 years. Everytime that I asked my mom how to cook a certain dishes, she would tell me to add a little of this and that, well Luke's book is wonderful to have on hand. Good job Luke, can't wait for your next book.

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