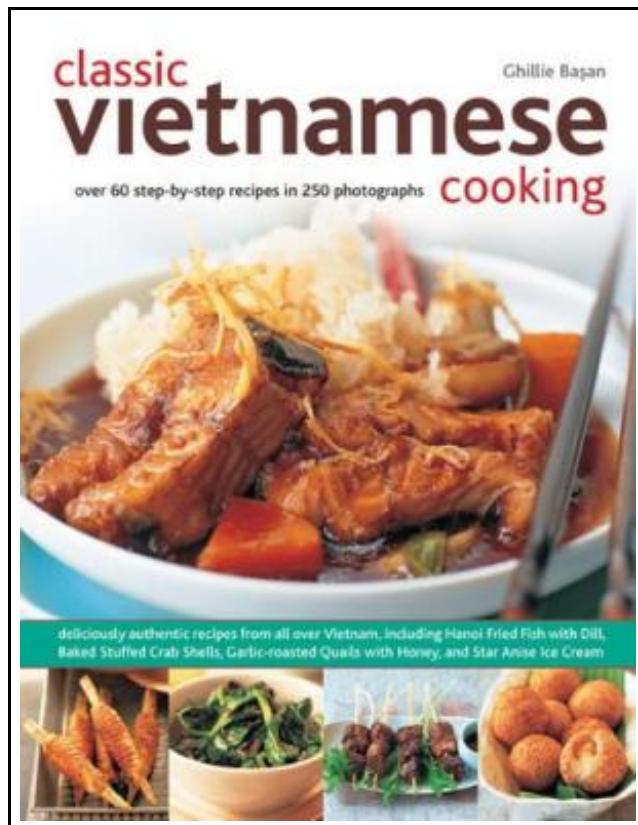


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Anness Publishing, United Kingdom, 2013. Paperback. Condition: New. Language: English . Brand New Book. This title features over 60 step-by-step recipes in 250 photographs. You can discover the secrets of Vietnamese cooking in 60 fresh and fragrant recipes. It contains deliciously authentic recipes from all over Vietnam, including Hanoi Fried Fish with Dill, Baked Stuffed Crab Shells, Garlic-roasted Quails with Honey, and Star Anise Ice Cream. It is beautifully illustrated with over 280 photographs, including easy-to-follow steps and a glorious picture of every finished recipe. It includes a fascinating introduction to the cuisine and culture of Vietnam, from bustling markets stacked with fresh produce to food etiquette and manners. With a whole host of mouthwatering dishes, from soups and noodles to vegetable dishes and sweet snacks, this book will help you explore the essence of Vietnamese culinary tradition. With a predominance of rice, noodles, wheat, beans, fresh vegetables and herbs, and minimum oil, Vietnamese is undoubtedly one of the healthiest cuisines of the world. Varied textures and exotic ingredients provide a range of fragrant delights for the contemporary kitchen. A fact-packed introduction offers a fascinating overview of the cuisine, with a focus on regional variations. The recipe section is the heart of the book, and it contains chapters on soups and snacks; fish and shellfish; meat and poultry; rice and noodles; vegetables, salads, pickles and sauces; and sweet snacks and drinks. There are over 60 tantalizing recipes from all regions of Vietnam, all shown with step-by-step photographs, which make it simple to achieve great results. For anyone wanting to sample these fresh and fragrant tastes, this book will be an inspiring addition to the kitchen shelf.



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