

Ẩm thực

CUISINE CUISINE

Although Vietnam is a poor country, it has been counted no less than 500 national recipes whose the "chả giò" or nem (egg roll) remains the best known among Europeans . Thanks to the use of fish sauce, a certain number of aromatic herbs such as lemon grass, basil, coriander, mint etc.. and all the spices found in South-East Asia, one can find in the Vietnamese cuisine not only a subtle flavor that gives it its originality but also a delicacy that distinguishes it from the Chinese cuisine.

More than meat, the Vietnamese are amateurs of crustaceans and fish. Shrimps are omnipresent in most of the dishes. They are found grilled, dipped or in sauce or stacked on sugarcane (chạo tôm). Crabs are no less appreciated. They are either stuffed and fried, or in salad. One should not forget to mention "Chả Cá ". This dish of fish that we grill right at the table, will come along with rice noodle, peanuts, a few spices and a bunch of varied herbs. For those who love salads, there exists in South Vietnam a dish called "gỏi đu đủ" or papaya salad made of threads of green papaya mixed with strips of beef jerky, usually to be eaten with hot sauce.



Pho Bo

If the desserts are a little deceiving for Westerners in particular " Chè " (a kind of homemade desserts which are flavored soybean curd, lotus seeds or coconut milk), one can however find a number of exotic fruits (star fruits (khê'), longans (nhãn), mangosteens (măng cụt) caprioles, corrossoles (măng cầu xiêm), rambutans (chôm chôm), pomes d'amour, jack fruits, passion fruit etc..).



Bún Chả?