

Building a Vietnam Plate

PROTEIN OPTIONS

- **Lemongrass Chicken:** Chicken is referred as "ga" in vietnam and pronounced as "gaw". Lemongrass flavor is a very common sauce to chicken dishes.
- **Nuoc Mam Pork:** marinated bbq pork typically served in the mornings for breakfast on a bageuette or as a rice topping!
- **Cold Cut Meats:** ham and bolgna are common cold cut meats typically served here! Try with bread or as a snack.
- **Hot Pot Goat:** mild and tender that taste similar to lamb meat. Served usually in a hot pot with curry flavored sauce.
- **Fried Tofu:** Typically served deep fried with lemon grass flavors and tomatoes! It will usually be seen as "Dau Hu Sot Ca" on menus!
- **Eggs:** Duck eggs are very popular throughout Vietnam as street food and usually served boiled. Known as a "balut" and eaten from the shell!
- **Seafood:** Seafood is very common and fresh throughout Vietnam, particularly sea bass, tuna, red snapper, prawns, clams and crab.



CARB SOURCES

- **Rice:** "com" is one of the main staple foods in Vietnam! It's usually cooked until very soft and served with different meats then considered "porridge". Other versions include "com rang" which is steamed rice and served on top of meat/veggies.
- **Noodles:** Another country staple! Usually served as "pho" and resembles a thick rice based noodle and tossed into soup. Noodles are eaten all throughout the day at meal times or snack.
- **Rice paper rolls:** Served as spring rolls and made from steamed rice! You will find almost any option to be wrapped into a roll including steamed fish, meats and veggies. Traditionally rolled at the dinner table.
- **Banh Xeo:** "sizzling pancake" made from rice flour and turmeric that gets fried and served crepe style! Stuffing choices typically include pork, shrimp, diced onions, mung beans or bean sprouts.



FRUIT & VEGGIES

- **Common Fruits:** Mangoes, Jack Fruit, Banana, Avocado, Coconut, Grapes, Persimmons, Pomegranate, Pineapple, and Watermelon
- **Rambutan:** Taste is described as sweet and sour, much like a grape.
- **Common Vegetables:** Cabbage, Spinach, Cucumber, Chinese Broccoli, Bamboo Shoots, Chayote (type of root), Korirabi
- **Kohlrabi:** is a type of cabbage. Can be served raw or cooked.



DESSERTS & SNACKS

- "Chè chuối" is a delicious daily sweet dessert made from a type of flavorful banana called "chuối xiêm". Cooked in coconut milk with sago pearls, "chè chuối" has a sweet and creamy flavor.
- "Chè trôi nước" is a kind of glutinous rice dumpling, filled with mung bean paste
- "Chè bắp" is a typical Vietnamese pudding, or dessert soup, made with sweet corn, glutinous rice

VIETNAM

SIGNATURE DISHES



Bahn Mi

This is a very common toasted baugette sandwich served all throughout Vietnam! It's usually stuffed with different meat options like pork belly, fried eggs or fish. Topped with pickled veggies, soy sauce, cilantro and peppers. A great on-the-go meal!

Pho Noodle Soup

Vietnam's signature dish loaded with rice noodles, beef slices or meatballs (tai/bo vein), and lots of vegetables. It usually comes with aside of fermented fish and chili sauce. Topped with cilantro, bean sprouts and basil.



Bahn Xeo

A vietnam version of a fried pancake! The base is usually made from rice flour, coconut milk and turmeric. It then gets stuffed with noodles, chicken, beef, shrimp or veggies. It's a very common street food resembling a crepe!

Bahn Cuon

Known as a "rolled cake" and served as street food in many tourist spots! It's a combination of ground meat, mushrooms, onions, ham and steamed veggies rolled into a steamed rice flour wrap.



Bun Thit Nuong

Thin vermicelli noodles topped with grilled pork and lots of vegetables! This noodle dish is served with a nice of different sauces at dinner time and usually tossed with bean sprouts, basil, peanuts and chopped lettuce. Some restaurants may serve spring rolls on top too!