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**VIETNAMESE VEGETARIAN FOOD -  
OUR FAMILY VEGETARIAN RECIPES:  
VEGETARIAN FOOD RECIPES FROM  
OUR VIETNAMESE HOME -  
VEGETARIAN FOOD RECIPES VEGAN  
RECIPES ASIAN ... RECIPES ASIAN  
VEGAN SERIES Book 1)**



**Vegetarian Recipes  
From Our Vietnamese Home**



**MICHELLE TRAN**



## Synopsis

AWESOME VEGETARIAN VIETNAMESE FOOD RECIPES YOU CAN MAKE AT HOME  
OUR FAMILY'S BEST VIETNAMESE VEGETARIAN RECIPES FOR HEALTHY EATING AND HEALTHIER LIVING  
These family recipes teach you how to make authentic home-style Vietnamese vegetarian food in your own kitchen! I am Michelle Tran from Saigon / Ho Chi Minh City and my family makes Vietnamese vegetarian food every day – and you can, too! We are Vietnamese cooking teachers and we teach you how to: Select the freshest vegetables and products to make the most delicious Vietnamese vegetarian food  
How to make every day vegetarian food that the whole family will enjoy – plus sweet desserts  
Understand the correct cooking techniques to make every dish authentic and delicious  
How to flavor your vegetarian cooking so it has the right balance of spicy, salty, sweet and sour for your taste! Here are some of the favorite dishes that we love to make:  
HAPPY RICE NOODLE SALAD  
VIETNAMESE CILANTRO – PESTO – RICE NOODLE SALAD WITH BASIL AND CILANTRO  
VIETNAMESE LETTUCE WRAPS WITH TOFU SURPRISE  
VIETNAMESE FRESH SPRING ROLLS  
VEGETARIAN VIETNAMESE PHO NOODLE SOUP  
VIETNAMESE RICE CRISPS  
VIETNAMESE BANH MI SANDWICHES WITH LEMONGRASS TOFU  
CHEWY CREPES  
SCALLION CAKES  
CARROT PEANUT SALAD  
STIR-FRIED TOFU WITH PEPPERS AND EGGPLANT  
VEGETARIAN CURRY WITH FRESH GINGER AND LEMONGRASS  
GREEN PAPAYA SALAD  
CORN WITH CHILI AND SCALLIONS  
SPICY CABBAGE SALAD  
GRILLED TOFU, NOODLE AND HERBS SALAD  
BEAN THREAD NOODLE SALAD  
TOFU LETTUCE CUP  
SHOT AND SOUR TOFU SOUP WITH LEMONGRASS  
FIVE SPICE NOODLE SALAD  
ZESTY FRESH VEGETABLE SALAD WITH CRUNCHY PEANUTS  
REFRESHING VEGETABLE PLATTER  
The Amazing Bounty That Is Vietnamese Vegetarian cooking!  
Vietnamese cooking offers a huge variety of vibrant flavors, exciting colors and satisfying textures for any one seeking inspired vegetarian eating. Vietnamese cooks and eaters highly value vegetables and fruits as they are available all year long, right from the family garden, nearby fruit trees, the many fresh markets or plucked from trees and bushes by the side of the road. These recipes have been adapted from traditional Vietnamese family recipes. I have studied cooking with my mother and grandmothers since I was a little girl. We taught the American cook called – “Chef Tummy” – to cook our vegetarian style and now we want to share our family recipes with you in this English-language volume. PLEASE ENJOY OUR BOOK AND DOWNLOAD YOUR COPY TODAY -- THANK YOU!

## Book Information

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## Customer Reviews

a sunburst of joy! I have been looking for a vegan Vietnamese cookbook for eons and here it is. San Jose Ca is the perfect place to find all of the ingredients I need. We have a bright productive Vietnamese community. This cookbook is just what I needed to satisfy my desire for home cooked Vietnamese foods.

This book is a great introduction to both vegetarian cooking and the light and delicious Vietnamese-style cooking. I loved the detail of how to buy the ingredients and good substitutes for when you can't find the original herb or veggie. I want to try all the recipes!!

During my second tour in Vietnam I was an advisor to an ARVN infantry regiment in the Mekong Delta and absolutely fell in love with Vietnamese food. Sadly, although I've lived in many places both in the United States and abroad over the years, I've seldom been able to find any Vietnamese

restaurants to satisfy my desire for more of it. That being said, I was thrilled to find Michele Tran's 'Vegetarian Vietnamese' cookbook and, while I do enjoy meat and fish, I've found these recipes to be very satisfying. Even better, they are easy to prepare although I do occasionally have to substitute the odd ingredient owing to my inability to find what I need in shops here in Spain. If you like Vietnamese food or if you are a vegetarian looking to diversify your recipe file, I'd highly recommend this book.

This book is a delight! There is not one recipe that doesn't sound fresh, simple and delicious. I must confess to not having tried cooking Vietnamese Vegetarian food but this has now changed. The spicy Cabbage Salad is to die for as are the Tofu Lettuce Cups and I can't wait to try more. The Lemongrass Lemonade is the next thing I'm going to make - sounds really refreshing. This book is a must for anyone wanting to vary their vegetarian diet but even if you are a meat eater, you will still enjoy the fabulous recipes. Recommended!

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