Vietnamese cuisine reflects many cultures due to its location close to China, Laos, Cambodia, and Thailand, as well as to foreign occupations from China, France, Japan, and the United States. The Southern region has a strong French influence, including seafood and sandwiches. The Northern region of Vietnam features meats and stir-fried dishes influenced by China. A typical meal includes three courses: a soup, a salad or a sautéed dish, and a salty main course that includes meat or seafood, served with rice and hot tea.

Vietnamese dishes are usually served with rice, which is the staple. Rice is also milled to make noodles and other food items. Fresh, uncooked vegetables, herbs, and spices are key ingredients used for their texture and flavor in many dishes. Nuoc mam, a pungent fish sauce, is used often to balance the flavors of a meal. Vietnamese cooking features lightly prepared foods, using grilling, steaming, stewing, sautéing, and stir-frying techniques to accompany the flavors of spices and seasonings, which include lime juice, basil, cilantro, mint, shallots, garlic, ginger, curry, star anise, and five spice. Dishes are meant to be served family-style. Sharing food is essential to the culture of Vietnamese cooking.
**Nuoc Mam** (Vietnamese Dipping Sauce)

7 servings

1 cup water
1/4 cup Vietnamese fish sauce
1 garlic clove, crushed
1/4 cup sugar
1 tablespoon rice wine vinegar
1 tablespoon lime juice
1 teaspoon chili paste

1. In a small saucepan, bring the water, fish sauce, garlic, and sugar to a rolling boil. Remove from heat and set aside.
2. In a small bowl, mix together the rice wine vinegar, lime juice, and chili paste.
3. Add the fish sauce mixture to the bowl and mix.
4. Chill for approximately 15 minutes and serve.

---

**Summer Rolls**

4 servings

16 medium shrimp, shelled and de-veined (approximately 3.5 oz.)
3 ounces rice vermicelli noodles
2 Mânao lettuce leaves, halved (approximately 1/2 cup)
1/2 cup bean sprouts
1/2 cup carrot, julienned
16 Thai basil leaves
16 mint leaves
1/4 cup cilantro, chopped
1 green onion, cut into 4-inch strips
4 sheets rice paper

1 cup nuoc mam (Vietnamese dipping sauce)

1. In a small pot, bring water to a boil and cook shrimp until pink (approximately 2 minutes). Drain and set aside.
2. Soak dry vermicelli noodles in warm water for 15 minutes and drain. Set aside.
3. Lay rice paper in warm water, one sheet at a time. Lay on a flat, wet surface.
4. Stack mint, cilantro, carrot, basil, bean sprouts, and lettuce leaves on one end of the rice paper, mint leaves on the bottom, approximately 1-inch from the end.
5. Place the 4 shrimp in the middle of the rice paper, next to the vegetables. Place the vermicelli noodles on top of the shrimp.
6. Lay the green onions next to the shrimp. Fold the rice paper (the end nearest you) up and then fold in the sides. Roll the rice paper upwards, into a tight roll.
7. Cut the summer rolls into 4 pieces each and serve with nuoc mam dipping sauce.
Green Papaya Salad

4 servings

1/2 pound shrimp, shelled and de-veined
1/4 pound pork loin
1 pound green papaya, julienned
(approximately 5 cups)
1 cup carrot, julienned
1/2 cup mint leaves, chopped
1/2 cup basil leaves, chopped
3 tablespoons cilantro, chopped
2 tablespoons roasted peanuts, crushed
1 cup nuoc mam (Vietnamese dipping sauce)

1. In a medium-size pan, add enough water to cover the bottom of the pan. Cook the shrimp in simmering water for approximately 2 minutes, or until done. Remove shrimp from pan, drain, and set aside.
2. In a medium-size pan, heat water (enough to cover bottom of the pan) over medium high heat. Add pork and cook until done, approximately 15-20 minutes. Remove pork from pan, drain, and set aside.
3. In a medium bowl, mix together papaya and carrots.
4. Place the mint and basil on the papaya and carrot mixture.
5. Place the shrimp, pork, cilantro, and roasted peanuts on top of the salad.
6. Serve with nuoc mam dipping sauce.

Nutrition Facts
Serving Size Approx 2 cups (280g)
Servings Per Recipe 4

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 210</th>
<th>Calories from Fat 60</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Value*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat 7g</td>
<td></td>
<td>10%</td>
</tr>
<tr>
<td>Saturated Fat 1.5g</td>
<td></td>
<td>8%</td>
</tr>
<tr>
<td>Cholesterol 115mg</td>
<td></td>
<td>38%</td>
</tr>
<tr>
<td>Sodium 1180mg</td>
<td></td>
<td>51%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>19g</td>
<td>6%</td>
</tr>
<tr>
<td>Protein 19g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Calcium 10%</td>
<td></td>
<td>Iron 20%</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

For calculation:
Calories: 2,000
Fat: 20%
Saturated Fat: 65g
Sodium: 2,400mg
Total Carbohydrate: 300g
Dietary Fiber: 25g

Pho

5 servings

Broth:
6 cups clear chicken broth
4 inches ginger, sliced
1 cinnamon stick
2 whole star anise
2 whole cloves
1/2 teaspoon Chinese five spice
3 tablespoons sugar
1/4 teaspoon pepper
1/4 cup fish sauce
2 whole shallots, halved
1 cup water
1 pound London broil beef
10 ounces rice noodles
1/2 cup cilantro, chopped
4 stems of basil leaves
4 cups bean sprouts
2 limes, cut into wedges

1. In a large pot, combine chicken broth and ginger and bring to a boil. Turn the heat down to a simmer.
2. Add the cinnamon stick, star anise, cloves, Chinese five spice, sugar, fish sauce, shallots, and pepper and simmer on low heat, uncovered, for 30 minutes.
3. Remove the cinnamon stick, star anise, cloves, and ginger from the broth and add the beef. Simmer beef in broth over medium-low heat until beef is cooked. (approximately 10-15 minutes) Occasionally, skim the stock to remove any foam.
4. Remove beef when cooked and slice thinly. Set aside.
5. Add water (1 cup) to the broth and heat through.
6. In a medium pot, cook rice noodles in boiling water approximately 5-10 minutes and drain. Add noodles to soup bowls.
7. Top noodles with beef slices and cilantro.
8. Pour broth over noodles. Serve with basil, bean sprouts, and lime on the side.

Nutrition Facts
Serving Size Approx 2 cups (550g)
Servings Per Recipe 5

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 480</th>
<th>Calories from Fat 100</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Value*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat 11g</td>
<td></td>
<td>17%</td>
</tr>
<tr>
<td>Saturated Fat 4.5g</td>
<td></td>
<td>22%</td>
</tr>
<tr>
<td>Cholesterol 55mg</td>
<td></td>
<td>19%</td>
</tr>
<tr>
<td>Sodium 950mg</td>
<td></td>
<td>85%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>68g</td>
<td>23%</td>
</tr>
<tr>
<td>Protein 27g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Calcium 6%</td>
<td></td>
<td>Iron 20%</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

For calculation:
Calories: 2,000
Fat: 20%
Saturated Fat: 30g
Sodium: 2,400mg
Total Carbohydrate: 300g
Dietary Fiber: 25g

Vitamin A 4%
Vitamin C 30%
Grilled Pork with Noodles

4 servings

8 ounces vermicelli noodles
1 pound pork tenderloin
1 cup Mānoa lettuce, chopped

Marinade
5 tablespoons Vietnamese fish sauce
1 tablespoon honey
3 tablespoons green onions, chopped
2 teaspoons peanut oil
1 teaspoon sugar
1 tablespoon shoyu (soy sauce)
2 tablespoons garlic, minced
1/8 teaspoon black pepper

Garnish
8 basil leaves, chopped
8 mint leaves, chopped
1 tablespoon roasted peanuts, chopped
8 skewers
1 cup nuoc mam (Vietnamese dipping sauce)

1. In a large bowl, combine ingredients for the marinade.
2. Slice the pork into 2-inch cubes and marinate in the sauce for 15 minutes.
3. Soak vermicelli in warm water for 5-10 minutes or until soft. Drain and set aside.
4. Arrange the pork cubes onto skewers and grill approximately 5-7 minutes on each side, or until golden brown and cooked.
5. Lay the lettuce leaves on a plate. Place the vermicelli on top of the lettuce leaves.
6. Serve the pork skewers with the vermicelli salad and garnish with basil, mint, and peanuts.
7. Serve with nuoc mam dipping sauce.

Ginger Lemonade

4 servings

4 cups water
1/2 cup ginger root, chopped
1 cup sugar
3/4 cup lemon juice (approximately 4-6 lemons juiced)
3 cups ice cubes

1. Peel and chop the ginger and set aside.
2. In a medium saucepan, bring the water and sugar to a boil.
3. Add chopped ginger and simmer on medium-low heat for 20 minutes or until the mixture becomes syrupy.
4. Remove from heat and allow the syrup to cool. Remove the ginger with a slotted spoon or strain the liquid.
5. Stir lemon juice into the ginger syrup.
6. Chill and serve over ice.

Nutrition Facts

Grilled Pork with Noodles

- Serving Size Approx 1/4 cups
- Servings Per Recipe 4

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Nutrients</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 420</td>
<td>Calories from Fat 60</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td>% Daily Value*</td>
</tr>
<tr>
<td>Total Fat 7g</td>
<td>11%</td>
</tr>
<tr>
<td>Saturated Fat 2g</td>
<td>9%</td>
</tr>
<tr>
<td>Cholesterol 85mg</td>
<td>22%</td>
</tr>
<tr>
<td>Sodium 1300mg</td>
<td>57%</td>
</tr>
<tr>
<td>Total Carbohydrate 54g</td>
<td>18%</td>
</tr>
<tr>
<td>Dietary Fiber 2g</td>
<td>6%</td>
</tr>
<tr>
<td>Sugars 10g</td>
<td></td>
</tr>
<tr>
<td>Protein 30g</td>
<td></td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ginger Lemonade

- Serving Size Approx 1/4 cups
- Servings Per Recipe 4

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Nutrients</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 200</td>
<td>Calories from Fat 0</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td>% Daily Value*</td>
</tr>
<tr>
<td>Total Fat 1g</td>
<td>0%</td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium 10mg</td>
<td>0%</td>
</tr>
<tr>
<td>Total Carbohydrate 56g</td>
<td>19%</td>
</tr>
<tr>
<td>Dietary Fiber 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Sugars 51g</td>
<td></td>
</tr>
<tr>
<td>Protein 0g</td>
<td></td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.