

Vietnam

Asia

Menu

1. Peanut stir-fried chicken

Ingredients:

- 1/4 cup vegetable oil
- 1 lb chicken fillets cut into fine strips
- 8 scallions, chopped
- 8 cloves garlic, minced
- 3 in. fresh ginger root, minced
- 3 green Thai chilies, minced
- 1/4 lb. unsalted peanuts, chopped
- 3 limes, juiced and grated
- 4 Tbsp. of each (grated coconut, mint, basil, and cilantro)

Directions:

Heat a heavy pan and pour in 1/8 cup oil. Add the chicken and sear over a high heat, until browned. Set chicken and juices aside. Wipe the pan clean and return to the heat. Pour in the remaining oil and add the scallions, garlic, ginger, and chilies. Add the peanuts and stir-fry for 1-2 minutes. Add the chicken back into the pan, and stir in the limejuice and gratings. Add the fresh coconut and herbs, and serve immediately.

2. Stir-fried watercress with tofu

Ingredients:

- 1 Tbsp. vegetable oil
- 2 large garlic cloves, peeled and finely chopped
- 2 small cubes tofu
- 1 lb. watercress
- Salt, pepper and sugar to taste

Directions:

Stir-fry garlic in oil until it is golden (1-2 minutes). Add water spinach and stir-fry until well coated about 5-10 minutes. Adjust seasoning with salt, pepper, and sugar and stir-fry for 2 more minutes.

3. *Banh troi nuoc* (rice pearls in ginger broth)

Ingredients:

- 1 cup “sticky” glutinous rice flour
- 1/4 cup fresh ginger, thinly sliced
- 1 cup raw sugar to taste
- Toasted sesame seeds

Directions:

Put flour in a mixing bowl and form a well in the middle. Stir in 1/2 cup boiling water until well combined. Transfer the dough to a work surface. While warm, knead 2-3 minutes. Pinch small amounts of dough into 1/2 inch diameter

pearls. Bring 8 cups water to a boil and add ginger slices and sugar, reduce heat to medium and gently boil 30-40 minutes. Strain and discard ginger. In another pot, boil water and add dough balls, cooking until they float (3 minutes). Transfer rice balls to individual bowls. Ladle sweet ginger broth into each bowl and sprinkle with toasted sesame seeds and serve.

Consumption comparisons

Percentage of children underweight

United States of America: 1%

Vietnam: 41%

Life in Vietnam

Nearly 90 percent of the population in the Socialist Republic of Vietnam is ethnic Vietnamese. Many people live with their extended families, illustrating the importance of close relationships. More than half of the nation’s population lives in poverty, with an unemployment rate hovering around 25 percent.

Typical meal

A Vietnamese family would typically enjoy rice, vegetables, and soup.

Devoted sisters



In the afternoon, Ho Thu Ha and her sister go to a nearby forest to collect firewood to cook their evening meal.

References:

Trang, Connie. *Essentials of Asian Cuisine*. 2003. Simon and Schuster: New York.

Millstone, Erik and Tim Lang. *The Penguin Atlas of Food: Who Eats What, Where, and Why*. 2003. Penguin Books: New York.

Vietnamese Recipes and Cuisine. July 16, 2006. <http://www.vietnamese-recipes.com/vietnamese-recipes/poultry/peanuts-stir-fried-chicken.php>.