

A CULINARY JOURNEY FROM CHINA TO VIETNAM

Luke Nguyen's
*Greater
Mekong*



Luke Nguyens Greater Mekong A Culinary Journey From China To Vietnam

Elka Ray



Luke Nguyens Greater Mekong A Culinary Journey From China To Vietnam:

Luke Nguyen's Greater Mekong, 2013 In the next instalment of the series acclaimed Chef Luke Nguyen ventures deeper into the Greater Mekong region to discover the food cultures of Laos Cambodia and Vietnams Mekong Delta Luke begins his culinary journey in Laos capital city Vientiane with its bounty of hidden foodie gems He then journeys north to Laos food capital Luang Prabang before travelling south to the fishing mecca the 4000 Islands Luke crosses the Mekong River into Cambodia beginning in the ancient city of Siem Reap where locals teach him how to cook traditional Khmer dishes He then travels south to the bustling capital Phnom Penh where he gets a new take on street food Heading further south Luke explores the seaside towns of Kep and Kampot famous for their crab and pepper Finally Luke returns to the Mekong Delta in Vietnam where he cooks with his parents on a houseboat in Cai Be and explores the coconut islands of Ben Ire *Luke Nguyens Greater Mekong* Luke Nguyen, 2013-03 A Culinary Journey from China to Vietnam A visual and culinary adventure through one of the world s most beautiful and exciting food regions the Greater Mekong Contains over 70 recipes that celebrate popular dishes as well as lesser known regional delicacies Sample Chargrilled pork grilled in bamboo from Thailand Steamed lemongrass and dill fish from Laos Tea infused sesame dumplings from China or for the more adventurous Clay pot cola chicken from Cambodia With heartwarming stories breath taking location photography and stunning images this is a must have cookbook that will be treasured and referred to for many years to come **Greater Mekong** Luke Nguyen, 2012-12-01 Join Luke Nguyen as he journeys down one of Asia s most famous rivers the Mekong To tie in with the third instalment of Luke s popular SBS series The Greater Mekong tells the stories experiences and recipes from the TV show of the same name Luke immerses himself in the cultures and communities of the countries he visits learning stories and histories from each region as well as sampling and recreating local cuisines Luke s travels start in China where he explores the centuries old traditions of the Yunnan Province His journey takes him to Myanmar where he uncovers some of the country s unique flavours and then on to Northern Thailand Laos Cambodia and finally Vietnam Luke s homeland and the location of this mighty river s floodplains The Greater Mekong cookbook contains over 70 recipes that celebrate well known dishes as well as lesser known regional delicacies Sample Chargrilled pork grilled in bamboo from Thailand Steamed lemongrass and dill fish from Laos Tea infused sesame dumplings from China or for the more adventurous Clay pot cola chicken from Cambodia With heartwarming stories breath taking location photography and stunning images of all the dishes featured in the show The Greater Mekong is a must have cookbook that will be treasured and referred to for many years to come **From China to Vietnam** Luke Nguyen, 2015-04 Join Luke Nguyen as he journeys down one of Asia s most famous rivers the Mekong To tie in with Luke s popular SBS series Greater Mekong From China to Vietnam tells the stories experiences and recipes from the TV show Luke immerses himself in the cultures and communities of the countries he visits learning stories and histories from each region as well as sampling and recreating local cuisines Luke s travels start in China

where he explores the centuries old traditions of the Yunnan Province His journey takes him to Myanmar where he uncovers some of the country s unique flavours and then on to Northern Thailand Laos Cambodia and finally Vietnam Luke s homeland and the location of this mighty river s floodplains From China to Vietnam contains over 70 recipes that celebrate well known dishes as well as lesser known regional delicacies Sample Chargrilled pork grilled in bamboo from Thailand Steamed lemongrass and dill fish from Laos Tea infused sesame dumplings from China or for the more adventurous Clay pot cola chicken from Cambodia With heartwarming stories breath taking location photography and stunning images of all the dishes featured in the show From China to Vietnam is a must have cookbook that will be treasured and referred to for many years to come

The Food of Vietnam Luke Nguyen,2013-10-01 Join celebrity chef Luke Nguyen on a culinary and cultural journey through the country of his heritage to discover the people and food that have endeared Vietnam to the millions of international travellers who visit each year Tying in with Luke s immensely popular SBS TV show Luke Nguyen s Vietnam this book follows his trip from southern Vietnam up to the north through the marketplaces backyards and kitchens of strangers and family alike In addition to the stunning location photography and mouth watering food shots Luke s records of his experiences with the people he meets and the places he visits along the way pepper the pages of this book breathing life into the classic recipes of Vietnam from pho to banh mi and everything in between *Luke Nguyen's Street Food Asia* Luke Nguyen,2016-10-26

Luke Nguyen's Vietnam Luke Nguyen,Michael Donnelly (director.),2009 In Luke Nguyen s Vietnam we take a culinary journey through the southern regions of Vietnam from Saigon through the Mekong Delta and north along the coast to the World Heritage city of Hoi An Seven towns are explored over ten colourful half hour episodes Luke Nguyen acclaimed owner and chef of the Sydney restaurant The Red Lantern returns to the country of his heritage and prepares dishes in locations that represent the real Vietnam in all its chaotic vibrancy With a huge extended family scattered throughout Vietnam Luke is inspired to learn that they all have one thing in common a love for food On our journey we meet many of Luke s relatives who share with him the secrets of Vietnamese cuisine and help him discover the tiny cottage industries that have been creating vital ingredients for many centuries Madman com au **My Vietnam** Luke Nguyen,2011-08-16 A stunningly beautiful love letter to Vietnam with more than 100 recipes from best selling author and Cooking Channel host Luke Nguyen In My Vietnam chef television star and best selling author Luke Nguyen returns home to discover the best of regional Vietnamese cooking Starting in the north and ending in the south Luke visits family and friends in all the country s diverse regions is invited into the homes of local Vietnamese families and meets food experts and local cooks to learn more about one of the richest most diverse cuisines in the world Savor more than 100 regional and family recipes from Tamarind Broth with Beef and Water Spinach to Wok tossed Crab in Sate Sauce and enjoy vibrant stunning full color photographs bursting with color and textures and capturing the beauty of Vietnam her people and their deep connection to food **Communion** Kim Fay,2010 Living in Vietnam for

four years in the 1990s Seattle native Kim Fay fell in love with the romantic landscapes the rich culture and the uninhibited warmth of the people A decade later she grew hungry for more Inspired by the dream of learning to make a Vietnamese meal for her friends and family in America Kim returned to Vietnam and embarked on an unforgettable five week culinary journey from Hanoi to Saigon Joined by her sister and best Vietnamese girlfriend Kim set off to taste as much as possible while exploring rituals and traditions street caf s and haute cuisine famine and feast and Communism and the legacy of war Together the three women discovered a society shaped by its ever changing relationship with food Every encounter serves up an enticing morsel from uncovering the secret world of ragu in the French hill town of Dalat to bonding with the Julia Child of Vietnam in Saigon Epicures and culture buffs will delight in markets restaurants farms fisheries and cooking classes as Kim assembles her dream meal and shares recipes such as banana flower salad and clay pot fish Examining how we eat reflects who we are as individuals and as communities Communion A Culinary Journey Through Vietnam offers a feast for armchair gourmets as well as a colorful guide for travelers hungering for their next adventure **Indochine** Luke Nguyen,2011-11-01 Join Luke Nguyen and discover the fusion of French and Vietnamese cuisine with 60 recipes selected from Luke s new book Indochine Baguettes and b nh m finding France in Vietnam The French colonisation of Vietnam which lasted for nearly one hundred years had a profound influence on Vietnamese lifestyle architecture and cuisine Chef and author Luke Nguyen revisits his beloved Vietnam to delve deeper into the culinary legacy left by the French Against a backdrop of grand colonial hotels Luke explores the impact the French had on what the Vietnamese eat and cook today 60 recipes from Saigon Dalat Hanoi and France showcase the fusion of French and Vietnamese ingredients and techniques Luke uncovers on his journey Recipes include Hanoi beef soft noodle rolls Duck l orange Slow cooked oxtail and beef brisket in aromatic spices Snails Cooked in Lemongrass and Chilli Beef and Lemongrass Skewers Scallops Chargrilled in Spring Onion Oil Quail Cooked in Orange and Coconut Water Rabbit in Red Wine Coq au Vin Pan fried Stuffed Squid Steamed Vietnamese Mint stuffed Chicken Cr me Caramel and many more All titles in this series Indochine Hanoi Indochine Dalat Indochine Saigon Indochine France Indochine The Collection Koto Tracey Lister,2011-10-04 An inspiring collection of fresh easy to prepare and healthy recipes collected from throughout Vietnam Arranged by region this engaging cookbook weaves personal stories and national history with a culinary appreciation of the markets traditions and food of daily life in Vietnam More than 80 delicious and authentic recipes are included ranging from Coconut Prawns to Chicken and Lotus Seed Broth Featuring stunning food photography as well as images of the Vietnamese countryside and people this is a gorgeous reference that is perfect for the home cook and armchair traveler alike Measurements are metric **The Songs of Sapa** Luke Nguyen,2009 Luke Nguyen of Secrets of the Red Lantern fame is going home Travelling on a personal and culinary tour through Vietnam Luke visits his family and friends and is invited into the homes of local Vietnamese food experts and cooks to learn more about one of the richest most diverse cuisines in the world Starting in the northwest of Vietnam in the villages and hills

around Sapa Luke explores the roots of traditional cooking Moving south he travels to the capital Hanoi renowned for its French Vietnamese cuisine He explores the imperial cooking of Hue discovers the famed cau lau noodles in Hoi An and tastes a host of simple seafood dishes of coastal Nha Trang and Quy Nhon his journey culminating in Saigon where he is reunited with family The Songs of Sapa is a vibrant visual essay of Luke s journey the stories and recipes from each region with stunning photographs bursting with colour and texture capturing the beauty of Vietnam her people and their deep connection to food

From Home Cooking to 5 Star Cuisine Nguyen Thi Van,2014-10-21 From home cooking to five star cuisine this book is about a Vietnamese culinary journey Starting in her mother s kitchen Nguyen Thi Van went on to work in and be trained by exceptional chefs in some of Saigon s finest kitchens before moving to India to create Vietnamese culinary experiences and manage Asian restaurants in the country s finest five star hotel properties for eight years

Indochine: Saigon Luke Nguyen,2011-11-01 Join Luke Nguyen and discover the fusion of French and Vietnamese cuisine with 15 recipes from the Saigon region selected from Luke s new book Indochine Baguettes and b nh m finding France in Vietnam The French colonisation of Vietnam which lasted for nearly one hundred years had a profound influence on Vietnamese lifestyle architecture and cuisine Chef and author Luke Nguyen revisits his beloved Vietnam to delve deeper into the culinary legacy left by the French Against a backdrop of grand colonial hotels Luke explores the impact the French had on what the Vietnamese eat and cook today 15 recipes from the Saigon region showcase the fusion of French and Vietnamese ingredients and techniques Luke uncovers on his journey Recipes in this title include Snails Cooked in Lemongrass and Chilli Beef and Lemongrass Skewers Scallops Chargrilled in Spring Onion Oil Prawn Mango and Snow Pea Salad Pumpkin Soup with Aromatic Cream Chicken Slow braised in Green Pepper Lobster Tail Wok tossed with Garlic and Black Pepper Cr me Caramel Pan fried Salmon in Orange Sauce Crab Farci Crisp Rice Flour Crepe with Lobster and Enoki Mushroom Citrus cured Wagyu Sirloin Beef Slow braised in Young Coconut Water Turmeric and Lemongrass Mulloway Steamed in Banana Leaf and Pandan and Ginger Panna Cotta All titles in this series Indochine Hanoi Indochine Dalat Indochine Saigon Indochine France Indochine The Collection

Hot, Sour, Salty, Sweet Jeffrey Alford,Naomi Duguid,2000-10-31 Recognizing that the wonderful flavours and tastes of Southeast Asia spill over national borders Jeffrey Alford and Naomi Duguid set out to eat their way through the Mekong region s towns and villages large and small collecting recipes cooking techniques stories and photographs Hot Sour Salty Sweet is the glorious result of their travels in the region extending south from China down through Cambodia to Vietnam and including parts of Laos Burma and Thailand Dishes like Spicy Grilled Beef Salad and Vietnamese Chicken Salad with Fresh Herbs appear side by side with exotic treats like Jungle Curry from North Thailand and Pomelo Salad from Cambodia There are simple warming soups easy stir fries and brilliant hot salsas And for those with a taste for the sweet desserts include the delectable Sweet Satin Custard and Bananas in Coconut Cream Throughout the authors offer vivid descriptions of their days spent searching out the complex seemingly contradictory flavours of hot sour

salty and sweet and reveal the delightful shared culinary palate of the peoples of the Mekong **Vietnam** Elka Ray,2002

Indochine Luke Nguyen,2011 The French colonisation of Vietnam which lasted for nearly one hundred years had a profound influence on Vietnamese lifestyle architecture and cuisine Chef and author Luke Nguyen revisits his beloved Vietnam to delve deeper into the culinary legacy left by the French Against a backdrop of grand colonial hotels Luke talks to chefs bakers farmers and family members to explore the impact the French had on what the Vietnamese eat and cook today More than 100 recipes showcase the fusion of French and Vietnamese ingredients and techniques interwoven with the heart warming and personal stories Luke uncovers on his journey **Indochine: Hanoi** Luke Nguyen,2011-11-01 Join Luke Nguyen and discover the fusion of French and Vietnamese cuisine with 15 recipes from the Hanoi region selected from Luke's new book *Indochine Baguettes* and *Indochine Finding France in Vietnam* The French colonisation of Vietnam which lasted for nearly one hundred years had a profound influence on Vietnamese lifestyle architecture and cuisine Chef and author Luke Nguyen revisits his beloved Vietnam to delve deeper into the culinary legacy left by the French Against a backdrop of grand colonial hotels Luke explores the impact the French had on what the Vietnamese eat and cook today 15 recipes from the Hanoi region showcase the fusion of French and Vietnamese ingredients and techniques Luke uncovers on his journey Recipes in this title include Hanoi beef soft noodle rolls Duck l orange Slow cooked oxtail and beef brisket in aromatic spices Chargrilled jumbo garlic prawns with green papaya Chargrilled Pork Skewers in Vietnamese Baguette Beef Sirloin Wok tossed with Garlic and Green Peppercorns Crab Steamed in Beer Crispy Frogs Legs Beef Noodle Soup Pan fried Cinnamon Prawns Chicken and Pork Liver Pat Red Braised Pork Belly Steamed Murray Cod with Passionfruit Sauce Meringue et Passion and Fried Chocolate Truffles with Pink Peppers All titles in this series *Indochine Hanoi Indochine Dalat Indochine Saigon Indochine France Indochine The Collection* [Vibrant Vietnam Flavors](#) Barrett Williams,ChatGPT,2025-07-12 Discover the Vibrant Flavors of Vietnam A Culinary Journey Like No Other Delve into the soul of Vietnamese cuisine with *Vibrant Vietnam Flavors* an immersive exploration that guides you through the lush tapestry of a culture defined by its culinary diversity This eBook invites you to experience the rich mosaic of flavors and traditions that make Vietnamese food a global sensation Start your journey with an enlightening introduction to the land's culinary history where ancient recipes and modern influences combine to create an utterly unique food culture Explore the historical and geographical influences that have shaped this cuisine taking you from the bustling streets of Hanoi to the serene highlands and delta regions Each chapter reveals a different region's delicacies uncovering secrets of street food from Hanoi imperial recipes of Hue and the bold flavors of Saigon Experience the subtle art of balancing flavors with rice and noodle dishes immerse yourself in the vibrant street markets and uncover the treasure troves of ethnic culinary traditions Learn the artistry behind time honored cooking techniques the essential herbs and spices that give Vietnamese dishes their distinctive taste and discover unique kitchen tools that make crafting authentic meals an exciting endeavor Venture beyond the table with insights into family style

dining exciting cooking classes and the rise of modern Vietnamese chefs who are reshaping the country's food landscape. Bring the exquisiteness of Vietnam into your home with practical tips on setting up a Vietnamese pantry, preparing authentic dishes, and pairing meals with the perfect beverages. Whether you're a food enthusiast planning your next travel adventure or a home cook eager to expand your culinary horizons, *Vibrant Vietnam Flavors* is your definitive guide to savoring the essence of Vietnam where every dish tells a story and every flavor beckons you to explore further. Embark on this flavorful journey and uncover the vibrant world of Vietnamese cuisine today.

Rice and Baguette Vu Hong Lien, 2016-09-15

The once obscure cuisine of Vietnam is today a favorite for many people from East to West. Adapted and modified over thousands of years, it is probably best known as a particularly delicious result of combining traditional Southeast Asian cookery with visible outside influences, notably the crunchy baguette from its French-occupied past. Drawing on archeological evidence, oral and written histories, and wide-ranging research, Vu Hong Lien tells the complex and surprising history of food in Vietnam. *Rice and Baguette* traces the prehistoric Vietnamese progress from hunter-gathers of mollusks and small animals to sophisticated agriculturalists. The book follows them as they developed new tools and practices to perfect the growing of their crops until rice became a crucial commodity which then irrevocably changed their diet, lifestyle, and social structure. Along the way, the author shows how Vietnamese cuisine was dramatically influenced by French colonial cookery and products which introduced a whole new set of ingredients and techniques into Vietnam. Beautifully illustrated throughout and peppered with fascinating historical tales, *Rice and Baguette* reveals the long journey that Vietnamese food has traveled to become the much-loved cuisine that it is today.

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