



THE INTERNATIONAL CULINARY SCHOOLSSM at The Art Institutes

CREATE TOMORROW

Cuisine of Vietnam

Vietnam is the easternmost country on the Indochina peninsula in Southeast Asia. It borders China to the north, Laos to the northwest, Cambodia to the southwest and to the east lies the South China Sea. Geographically it consists of two large river deltas separated by mountains. Vietnam is known for its noodles which are made of wheat, rice and mung beans. They are eaten daily wet and dry, in soup or beside a soup. They are made in different shapes and thicknesses. www.artinstitutes.edu

Vietnamese Vermicelli (Bun) with Citrus & Ginger

Ingredients:

- 8 oz. Vietnamese rice vermicelli noodles
- 1 grapefruit - segmented
- 1 Orange -segmented
- juice of 2 limes
- 2-4 tablespoons sugar (palm sugar or granulated)
- 2 teaspoons soy sauce
- 1 tablespoon minced fresh ginger
- salt
- 1 cup julienned carrot (can use a mandoline)
- 1 cup julienned daikon radish (can use a mandoline)
- 2 tablespoons rice wine vinegar
- 1 tablespoon toasted sesame seeds – **can buy at the store**
- 1 head romaine lettuce, sliced into bite-sized pieces
- 1 small hot chile peppers, thinly sliced –**omit if desired**
- 1 medium cucumber, seeded and diced
- 3 green onions, white and light green parts only, thinly sliced
- 1 cup lightly packed cilantro leaves

Directions:

Place the rice noodles in a bowl

Heat a pot of water to boiling, remove from the heat, pour over the rice noodles and let sit for 5 to 10 minutes. Check the texture - they should be tender but definitely not mushy. Drain, rinse with cold water, and reserve.

Cut the grapefruit and orange into supremes, working over a bowl to catch the juice. Strain off the juice, squeeze all of the leftover pieces of the grapefruit in with it, and add the lime juice, 2 tablespoons of sugar, ginger, soy sauce and 1 teaspoon of salt. We'd like to have at least 1.5 cups of citrus-ginger flavored sauce. Taste and adjust seasonings, it should be a bit tart.

Combine the carrot, daikon, rice wine vinegar and sesame seeds and set aside to pickle a bit. Drain off the vinegar into the citrus sauce.

Mix together the rice noodles, citrus sauce, citrus supreme's, carrot, daikon, sesame seeds, chili pepper, cucumber, green onion, and cilantro. Toss to mix well.

Divide the lettuce among serving plates. Top each with some of the rice noodles.