

<<越南美食Vietnamese>>

图书基本信息

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内容概要

Vietnamese cuisine is like no other in the world. Vietnam's turbulent history has resulted in an incredible fusion of influences from China, India, France and America, leading to a cuisine that is at once familiar and unexpected, and always fresh and exciting. With their wonderful combination of flavours, textures, ingredients and aromas, the 38 recipes in this book offer something for every palate and every occasion, from Chinese-influenced spring rolls and noodle soups to excitingly exotic versions of French classics such as crepes. You will also find recipes for condiments and sweets. Vietnamese is part of a series of books designed to let you discover the wonderfully diverse cuisines of the world. Each title features classic and contemporary recipes that can be made with ingredients that are readily available, offering you the chance to bring to your table tastes and culinary traditions enjoyed around the globe.

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书籍目录

Introduction Historical and cultural background The nature of Vietnamese cuisine Cooking techniques and flavours Essential ingredients and methods
Soups, Rice and Noodles Spicy and sour fish and pineapple soup Asparagus and crab soup Beef fondue with anchovy and pineapple sauce Rice noodle soup with beef Rite noodle soup with prawns, squid and pork Rice noodles with fried yellow fish, peanuts and herbs Spicy chicken and rice porridge with lemon grass Chicken, mint and shallot rice Crispy crepes with pork, prawns and beansprouts Crispy crepes with beansprouts, spring onions and shiitake mushrooms Prawn and pork summer rolls Tofu summer rolls Pork spring rolls Stuffed crab shells
Meats and Seafood Crispy fish with stir-fried tomatoes and herbs Prawn quenelles
Meats and Seafood continued Pork meatballs Grilled lemon grass pork skewers Braised pork shanks in caramel sauce with eggs Chicken curry Boasted garlic poussins Duck g l'orange Braised beef and carrots Beef in vine leaves
Condiments and Vegetables Sweet, sour and spicy fish sauce Spicy peanut sauce Pickled vegetables Sweet-and-sour cabbage salad Green pawpaw salad Stir-fried leafy greens Vegetable curry Fried tofu with lemon grass
Sweets Banana and coconut tapioca Mung bean soup Fried banana dumplings Coconut yucca cake Rainbow coconut drink with mango Sweet milk coffee
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