

Read Online Savory Snacks  
Market In Vietnam Databook To  
2017

**Savory Snacks**

**Market In Vietnam**

**Databook To 2017**

*In Vietnamese, Uyen Luu  
demonstrates that Vietnamese*

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*food is just as easy to whip up as a bowl of pasta - all you need is a good bottle of fish sauce and a little enthusiasm! She shares 80 of her tastiest recipes - some traditional, some with a modern twist - using*

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***ingredients that are available at your local supermarket. Recipes include noodle soups, salads, family-style sharing plates, one-pot wonders and dinner-party showstoppers, which are all easy to prepare, adapt and***

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*enjoy. The recipes are impressive yet simple: try the Caramelized pork belly with coconut milk and cavolo nero, Seabass, tomato & dill soup or Avocado tossed ramen with sweetcorn and tinned tuna in sweet soy sauce &*

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*mint. Vietnamese is filled with fuss-free, delicious recipes that are quick to prepare, and will have you eating Vietnamese meals on a regular basis.*

*Discover breathtaking destinations. Have amazing*

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***adventures. Capture stunning photos. Have you ever wanted to kiss a giraffe in Kenya? Or watch the sun rise from a jacuzzi in the Philippines? Or ride on a Vespa along the Amalfi Coast? Dream no more! Turn your fantasies into***

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***Instagram-worthy photos with help from Aggie LaL (@TravelInHerShoes), one of the pre-eminent Instagram travel influencers. Pack your bags and grab your passport as Aggie takes you on a journey to her favorite***

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*places in the world. She'll share how to get from place to place, what to do for fun in each locale, and, of course, how to recreate her beautiful photos. Aggie can help you make the most of your budget by suggesting*



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*the best places to eat and  
the best places to stay.  
You'll also learn what you  
need to take with you, how  
to navigate cultural  
differences, and how to find  
props for your photos.  
InstaStyle showed you how to*

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*create an amazing Instagram feed. Now InstaTravel can help you fill your feed with amazing photos that look just like those featured on @TravelInHerShoes. Enjoy this trip to potential Instagram fame--with Aggie*

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*Lal as your tour guide.  
This beautifully designed  
guide to Vietnamese home  
cooking and comfort food  
goes beyond restaurant fare  
to explore the vibrant,  
fresh flavors of a cuisine  
whose popularity is rising*

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*rapidly. Anne-Solenne Hatte presents the mouthwatering recipes for traditional Vietnamese home cooking collected by Bà, her maternal grandmother. This book is an homage to Vietnamese cuisine, with its*

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***emphasis on fresh ingredients, bright flavor combinations, zesty sauces, and reputation for healthfulness with vegetables and salads at center stage. These family recipes withstood the test***

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*of time—and exile. Staying true to her culinary heritage, Bà learned to work around unavailable items and adapt to new ingredients. These expertly detailed yet accessible recipes are intertwined with the story*

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*of Bà's event-filled life and memories of home. After exploring the cuisine's base recipes and "mother" sauces, the book explores dishes organized by region. Included are classic variations of pho, quick*

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*pickled vegetables, robust  
salads, grilled and stir-  
fried meats, and fusion  
dishes like trendy banh mi  
sandwiches.*

*Recipes and Reminiscences  
from Vietnam's Best Market  
Kitchens, Street Cafes, and*



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**Home Cooks**

***Recipes and stories to bring  
Vietnamese food to life on  
your plate***

***Flavors and Memories from My  
Grandmother's Kitchen***

***Real Vietnamese Cooking***

***75 Everyday Recipes***

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DK Eyewitness Travel  
Guide: Vietnam & Angkor  
Wat is your must-have  
companion to this  
beautiful part of the  
world. Vietnam opened  
its doors to tourists in

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the late 1980s and its appeal has grown ever since. Blessed with a long coast, the country now attracts sun-lovers and surfers, with resorts and spas

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sprouting all along the coast. This full-color, updated guide leads readers to it all, from the floating markets of the Mekong Delta in the south to the hill towns

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in the north, and all the best beaches to be found in between. A full chapter is dedicated to Angkor in neighboring Cambodia, with the astounding temples

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illustrated in detail.

Whether zipping around  
old Hanoi in a pedal-  
powered cyclo or dining  
on the exquisite local  
cuisine, the DK

Eyewitness Travel Guide:

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Vietnam & Angkor Wat is  
indispensable.

Highlights of the guide  
include: -Full-color  
photographs,  
illustrations, and maps.  
-Cutaways and floor

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plans of all the major  
sights. -3-D aerial  
views of the city's most  
interesting districts.  
-Comprehensive selection  
of hotels, restaurants,  
stores, and



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entertainment venues.

-Specially devised walking tours and so much more. DK Eyewitness Travel Guide: Vietnam & Angkor Wat-showing you what others only tell

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you. Now available in  
PDF format.

Whether you want to  
cruise through Halong  
Bay, eat street food in  
Hanoi, or trek to rice  
terraces in Sapa, the

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local Fodor's travel experts in Vietnam are here to help! Fodor's Essential Vietnam guidebook is packed with maps, carefully curated recommendations, and

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everything else you need to simplify your trip-planning process and make the most of your time. This new edition has been fully-redesigned with an easy-

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to-read layout, fresh information, and beautiful color photos. Fodor's "Essential" guides have been named by Booklist as the Best Travel Guide Series of

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2020! Fodor's Essential  
Vietnam travel guide  
includes: AN ILLUSTRATED  
ULTIMATE EXPERIENCES  
GUIDE to the top things  
to see and do MULTIPLE  
ITINERARIES to

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effectively organize  
your days and maximize  
your time MORE THAN 25  
DETAILED MAPS to help  
you navigate confidently  
COLOR PHOTOS throughout  
to spark your

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wanderlust! HONEST  
RECOMMENDATIONS FROM  
LOCALS on the best  
sights, restaurants,  
hotels, nightlife,  
shopping, activities,  
side-trips, and more



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PHOTO-FILLED "BEST OF"  
FEATURES on "Vietnam's  
Natural Wonders,"  
"Vietnam's Pagodas" and  
more TRIP-PLANNING TOOLS  
AND PRACTICAL TIPS  
including when to go,

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getting around, beating  
the crowds, and saving  
time and money

HISTORICAL AND CULTURAL  
INSIGHTS providing rich  
context on the local  
people, politics,

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cuisine, geography and  
more SPECIAL FEATURES on  
"What to Watch and Read  
Before You Visit," and  
"What to Eat and Drink"  
LOCAL WRITERS to help  
you find the under-the-

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radar gems Vietnamese  
LANGUAGE PRIMER with  
useful words and  
essential phrases UP-TO-  
DATE COVERAGE ON: Ho Chi  
Minh City, the Mekong  
Delta, Hanoi, Halong

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Bay, Hue, Sapa, Danag,  
Hoi An, Phu Quoc, Dalat,  
Nha Trang, Haiphong, and  
more. Planning on  
visiting Southeast Asia?  
Check out Fodor's  
Thailand and Fodor's In

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\*Important note for digital editions: The digital edition of this guide does not contain all the images or text included in the physical

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by local experts.  
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offering expert advice

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you to join our friendly  
community of travel  
experts at  
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ask any other questions  
and share your  
experience with us!

Winner of the 2018 James  
Beard Foundation Book  
Award for "Single  
Subject" category With

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this comprehensive  
cookbook, Vietnam's most  
beloved, aromatic  
comfort food--the broth  
and noodle soup known as  
pho--is now within your  
reach. Author Andrea

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Nguyen first tasted pho in Vietnam as a child, sitting at a Saigon street stall with her parents. That experience sparked a lifelong love of the iconic noodle

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soup, long before it became a cult food item in the United States. Here Andrea dives deep into pho's lively past, visiting its birthplace and then teaching you

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how to successfully make it at home. Options range from quick weeknight cheats to impressive weekend feasts with broth and condiments from scratch,

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as well as other pho  
rice noodle favorites.  
Over fifty versatile  
recipes, including  
snacks, salads,  
companion dishes, and  
vegetarian and gluten-

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free options, welcome everyone to the photo table. With a thoughtful guide on ingredients and techniques, plus evocative location photography and deep



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historical knowledge,  
The Pho Cookbook enables  
you to make this  
comforting classic your  
own.

Vietnamese Street Food  
Spicy Sour Sweet

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2017  
Asia Pacific

Principles and Concepts  
of Behavioral Medicine  
Best-Worst Scaling  
The Food of Vietnam

*The world's top 500 food  
experiences - ranked! We*

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*asked the planet's top chefs and food writers to name their favourite gastronomic encounters. Discover Japanese bullet train bento boxes, Israeli shakshuka, San*

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*Sebastian pintxos bars and 497 more mouth-watering destinations in this must-own bucket list for foodies and those who love to travel.*

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*The official cookbook of  
100 recipes from the  
cult favorite and top  
chef lauded fish sauce  
brand, Red Boat Fish  
Sauce You wouldn't  
expect a condiment made*

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*of anchovies to gain  
cult status—but that's  
exactly what Red Boat  
Fish Sauce did, earning  
praise from food titans  
like David Chang, Andrea  
Nguyen, and Ruth Reichl.*

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*But what's even more  
incredible is the story  
behind its success and  
founder, Cuong Pham.  
After a year-long  
journey to America from  
Vietnam after the war,*

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*he found himself working for Steve Jobs at Apple in 1984. But, all the while, he missed the tastes of his childhood—what the grocery store had just*



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*wasn't it—and set out to find what he and his family remembered so acutely. With this collection of 100 recipes, learn how to punch up flavor in*

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*Vietnamese classics like Bún Chà and Sugarcane Shrimp—but also in favorites like Chicken Wings and Pork Roast. With behind-the-scenes stories in every chapter*

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*spanning from breakfast,  
dinner, snacks,  
desserts, and holiday  
celebrations, this book  
encompasses a true  
American story and is  
the perfect guide to*

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*using this incredible  
pantry staple.*

*Explores the  
homogenization of  
American culture and the  
impact of the fast food  
industry on modern-day*

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*health, economy,  
politics, popular  
culture, entertainment,  
and food production.*

*Exciting Street Market  
Food from Thailand,  
Cambodia, Malaysia and*

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*More*

*Simple Vietnamese Food  
to Cook at Home*

*Moon Ho Chi Minh City  
(Saigon)*

*Fast Food Nation*

*MC. The Manufacturing*

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*Confectioner*

*Vegetarian Viet Nam*

Moon Travel Guides: Your World,  
Your Way With its mix of modern  
architecture, deep history, and dynamic  
culture, Ho Chi Minh City is the future  
of Vietnam. Inside Moon Ho Chi Minh

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City you'll find: Strategic itineraries for seeing the best of the city, plus worthwhile excursions to Pho Quoc Island, the Con Dao Islands, and the Cu Chi Tunnels Detailed maps and full-color photos throughout Activities and ideas for every traveler: Absorb history at the War Remnants Museum or the



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Reunification Palace, or explore the posh District 1 for some beautiful (and affordable!) retail therapy. Savor the fragrant incense at the Thien Hau Pagoda, or sample the best of the city's innovative cuisine, including street food vendors like the famed Lunch Lady. Experience the best of HCMC after

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dark with craft beer and live music at nightclubs or backpacker bars. Hop over to Pho Quoc Island for a relaxing beach day and a seafood dinner, where your meal goes from a tank to a grill to your plate Expert insight from journalist and expat Dana Filek-Gibson on her adopted home Useful tips on

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health and safety, sustainable travel, traveling solo as a woman, and scheduling group tours Honest advice on when to go, how to get around, and where to stay, plus a handy Vietnamese phrasebook Thorough information on the landscape, history, and local culture, all packaged in a book light enough to

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fit in your carry-on With Moon Ho Chi Minh City's expert advice, myriad activities, and local know-how, you can plan your trip your way. Seeing more than just the city? Check out Moon Vietnam. Expanding your trip? Try Moon Phuket & Ko Samui, or Moon Angkor Wat.

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From the author of the popular Quick & Easy Thai come these 75 oh-so-delicious recipes for every level of cook. Though it shares certain culinary traditions with its Asian neighbors, Vietnamese cuisine is entirely distinct, focusing on a bounty of fresh fruits, vegetables, and herbs for signature

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clear, bright flavors with contrasting notes of salty, sweet, sour, and spicy. Creamy chicken curry is paired with the zesty tang of lime juice and the heat from ground pepper and chilies. Crisp, fried fish is served with a puree of pineapple-chili sauce. Delicate, rice paperwrapped summer rolls merit a

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rich and savory soybean dipping sauce. From snacks and soups to grilled meats and seafood to the essential noodle dishes and desserts, Quick & Easy Vietnamese presents the full spectrum of Vietnamese cooking at its most simply delicious.

From sleek, silken tofu with delicate

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toppings to piping-hot fried satchels in a robust sauce, tofu provides a versatile canvas for the intricate flavors and textures that Asian and vegetarian cooks have long enjoyed. America has embraced tofu as a healthy, affordable ingredient. And while it has been welcomed into sophisticated



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mainstream dining, tofu is often hidden in Western guises and in limited applications. In her third intrepid cookbook, celebrated food writer and teacher ANDREA NGUYEN aims to elevate this time-honored staple to a new place of prominence on every table. Asian Tofu's nearly 100 recipes explore

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authentic, ancient fare and modern twists that capture the culinary spirit of East, Southeast, and South Asia. There are spectacular favorites from Japan, Korea, Thailand, Singapore, and India, as well as delicious dishes from Taipei, San Francisco, Santa Monica, and New York. Andrea demystifies tofu and

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interprets traditional Asian cuisine for cooks, sharing compelling personal stories and dispatches from some of the world's best tofu artisans along the way. For those who want to take their skills to the next level, the tofu tutorial clearly outlines tofu-making technique, encouraging readers to experiment with

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the unparalleled flavors of homemade varieties. But time-pressed cooks needn't fear: while a few recipes, such as Silken Tofu and Seasoned Soy Milk Hot Pot, are truly best with homemade tofu, most are terrific with store-bought products. Some traditional dishes combine tofu with meat in brilliant

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partnerships, such as Spicy Tofu with Beef and Sichuan Peppercorn and Tofu with Kimchi and Pork Belly, but this collection is predominantly vegetarian and vegan, including the pristinely flavored Spiced Tofu and Coconut in Banana Leaf and vibrant Spicy Lemongrass Tofu Salad. And

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innovations such as Okara Doughnuts reveal tofu's more playful side. For health- and eco-conscious eaters and home chefs who are inspired to make the journey from bean to curd, Asian Tofu is the perfect guide.

Asian Tofu

Manufacturing Confectioner

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Theory, Methods and Applications

The Dark Side of the All-American  
Meal

Beloved Recipes from the Family

Behind the Purest Fish Sauce

Asian Dumplings

Join celebrity chef Luke Nguyen on

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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



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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-

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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

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between.

The enhanced edition of Asian Dumplings offers an enriched cookbook experience, including video guidance on key dumpling techniques combined with the convenience of having a portable

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learning tool at your fingertips. Shaping dumplings can be intimidating, so it's no wonder that students in Andrea's classes pay the most attention to her detailed and encouraging how-to demonstrations. With the enhanced

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Asian Dumplings ebook, you get an on-demand dumpling-making class in your own home that covers everything from entry-level shapes such as the half-moon and pea pod to the mesmerizing wrist swirl used to create Shanghai Spring Roll

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Skins. Featuring eleven videos that demystify dumpling shaping for cooks of all levels, the enhanced audio-visual component of Asian Dumplings brings Andrea into your kitchen to guide you through each master technique--any time, as

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many times as you need. Plump pot stickers, spicy samosas, and tender b?o (stuffed buns) are enjoyed by the million every day in dim sum restaurants, streetside stands, and private homes worldwide. Wrapped, rolled, or filled; steamed, fried, or

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baked-Asian dumplings are also surprisingly easy to prepare, as Andrea Nguyen demonstrates in *Asian Dumplings*. Nguyen is a celebrated food writer and teacher with a unique ability to interpret authentic Asian cooking styles for a



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Western audience. Her crystal-clear recipes for more than 75 of Asia's most popular savory and sweet parcels, pockets, packages, and pastries range from Lumpia (the addictive fried spring rolls from the Philippines) to Shanghai

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Soup Dumplings (delicate thin-skinned dumplings filled with hot broth and succulent pork) to Gulab Jamun (India's rich, syrupy sweets). Organized according to type (wheat pastas, skins, buns, and pastries; translucent wheat and

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tapioca preparations; rice dumplings; legumes and tubers; sweet dumplings), Asian Dumplings encompasses Eastern, Southeastern, and Southern Asia, with recipes from China, Japan, Korea, Nepal, Tibet, India,

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Thailand, Vietnam, Singapore, Malaysia, Indonesia, and the Philippines. Throughout, Nguyen shares the best techniques for shaping, filling, cooking, and serving each kind of dumpling. And she makes it easy to incorporate

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dumplings into a contemporary lifestyle by giving a thorough introduction to essential equipment and ingredients and offering make-ahead and storage guidance, time-saving shortcuts that still yield delectable results, and tips on

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planning a dumpling dinner party. More than 40 line drawings illustrate the finer points of shaping many kinds of dumplings, including gy?za/pot stickers, wontons, and samosas. Dozens of mouth-watering color photographs

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round out Asian Dumplings, making it the most definitive, inviting, inspiring book of its kind. As any traveller to Vietnam will know, the street food is second to none in terms of its diversity, great taste and availability. Vietnam is a

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real foodie's destination - and nowhere is it more vibrant than among the hustle and bustle of the streets. From the authors of KOTO Vietnamese Street Food gives you an insider's view of the country and features over sixty well-loved and



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authentic recipes, from the ever-popular pho to prawn rice paper rolls and the tangy, crunchy peanut-studded rice balls favoured by snacking students. With stunning food photography of every dish and complemented by evocative location

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photography, Vietnamese Street Food provides an unforgettable insight into Vietnamese street food and culture that will inspire both the home chef and the armchair traveller.

Market

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Bibliography of Agriculture  
Findex

Street Food Vietnam

Simple Recipes for True, Fresh  
Flavors [A Cookbook]

The Red Boat Fish Sauce  
Cookbook

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My Vietnamese Kitchen is a collection of recipes passed down through Uyen Luu's family. Uyen was born in Saigon and spent her childhood there before leaving Vietnam in the

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aftermath of the war. She regularly travels back there to visit family and pick up more classic and modern recipes for dishes found in the homes and on the streets of Vietnam.

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The recipes in the book tell a story—about Uyen's family and the culture of food in Vietnam. In essence, the food of her country aims to strike the perfect balance between

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sweet, sour, salty,  
bitter, hot and umami, and  
to cater for any occasion  
and time of day, every  
mood and ailment. Uyen  
describes some of the most  
commonly used produce and

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guides you through  
chapters such as  
Breakfast, Soups, Snacks,  
Noodles, Lunch & Dinner,  
and Sweets, weaving in  
tales of etiquette,  
personal history and



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tradition and providing evocative photos of her travels throughout.

Popular recipes include pho soup, banh mi baguettes and summer rolls.

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Vietnamese street food is - inarguably - one of the world's most dynamic cuisines. This book brings the flavor and spirit of those bustling streets to your home. Author Jerry

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Mai is a master of street food. She owns a number of restaurants specializing in nuanced flavors of Vietnamese street pho. Throughout this book, Jerry presents street food

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from the length of the country. There's bahn mi, rice paper rolls, Vietnamese-style omelets, lemongrass and fresh herb infused stir-fries, fresh noodle salads and so much

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more. Learn the subtle finesse that distinguishes a Hanoi style pho from its southern relative. If these dishes can be made on a cart, in the swarming streets of Da Nang, you

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can be confident in recreating them at home. With stunning photography of all 70 recipes, accompanied by gonzo imagery of the country itself, this is the

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perfect book for the  
armchair traveler or for  
those wishing to  
commemorate their trip.  
This book is the first  
instalment of the Street  
Food series, with Turkey

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and Mexico next on the chopping block. As any visitor will tell you, traveling through Vietnam is a culinary awakening. From Hanoi - the country's capital, in the north -



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down to Ho Chi Minh, it's easy to find where the locals eat... Because it's right in middle of the street. Where the West might view street carts as specially reserved for the

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chronically intoxicated or  
intestinally masochistic,  
curbside vendors in  
Vietnam are the country's  
greatest chefs. Street  
Food: Vietnam is a glimpse  
into these compact

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kitchens-on-wheels,  
without any of the  
humidity.

Lonely Planet: The world's  
leading travel guide  
publisher Lonely Planet  
Washington, Oregon & the

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Pacific Northwest is your passport to the most relevant, up-to-date advice on what to see and skip, and what hidden discoveries await you. Explore Washington wine

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country, hop a ferry to the San Juan Islands or dive into the hipster playground of Portland; all with your trusted travel companion. Get to the heart of Washington,

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Northwest and begin your  
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quick referencing The  
Perfect Choice: Lonely  
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USA guide for a comprehensive look at all the region has to offer.

Authors: Written and researched by Lonely Planet. About Lonely Planet: Since 1973, Lonely

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understand more of the  
culture of the places in  
which they find  
themselves.

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My Vietnamese Kitchen  
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Vietnam Economic Times  
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*Vietnamese Market Cookbook*  
*Spicy Sour Sweet*  
*Running Press*

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*experiences: Cruise the Mekong Delta and its colorful floating markets and visit beaches in resort towns like Nha Trang. Sip local bia hoi beer streetside in Hanoi or motorbike through the countryside. Sample bite-sized dumplings, rice cakes, and other delicacies at a*

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*street cart or indulge in fragrant pho. Hike to remote northern H'mong and Dao villages in Sapa, explore the limestone karsts and caves of Ha Long Bay, or take an excursion to Angkor Wat, the largest religious site in the world Honest advice on when to go, how to get*



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*around, and where to stay from  
journalist and expat Dana Filek-  
Gibson Background information on  
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culture of Vietnam Detailed maps  
and full-color photos throughout Full  
coverage of Hanoi, Ha Long Bay and*

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*the Northern Coast, The Central Provinces, The South-Central Coast, Ho Chi Minh City, and the Mekong Delta With Moon Vietnam's expert advice and local insight, you can plan your trip your way. Focusing on cities? Check out Moon Hanoi or Moon Ho Chi Minh City. Expanding*

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*your trip? Try Moon Phuket & Ko  
Samui, or Moon Angkor Wat.*

*Bring the Flavor of Vietnam to Your  
Kitchen Salty, sweet, bitter, sour,  
and spicy: these are the flavorful  
tenets of Vietnamese cuisine. This  
exhilarating culinary culture is rich  
but light, deeply flavorful but made*

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*with simple ingredients, and filling while also easy to prepare. That's the message that authors Van Tran and Anh Vu wanted to bring to a hungry crowd when they opened their banh mi stall in London, an international city that surprisingly lacked the tastes of the authors' childhoods in*

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*Hanoi. As their business expanded, The Vietnamese Market Cookbook followed. The recipes are simpler than you might think but explode with the purest flavors of vegetables, seafood, lean meats, spices, chiles, and treasured Vietnamese condiments like fish sauce. Old and*

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*new favorites collide: Asparagus and Crabmeat Soup, Papaya Salad with Crispy Anchovies, Claypot Chicken with Ginger, Sea Bass Carpaccio, Kumquat Jasmine Iced Tea, and Crème Caramel. From chapters like “Sweetness and Happiness” to “Spiciness and Adventure” and*

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*“Saltiness and Healing,” this  
lusciously filling book will bring a  
little bit of Vietnam into your home.*

*The Pho Cookbook*

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*Noodles, salads, pho, spring rolls,  
banh mi & more*

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Principles and Concepts of

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Global Handbook Edwin B.

Fisher, Linda D. Cameron,

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Ehlert, Brian Oldenburg,  
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This definitive handbook  
brings together an  
international array of  
experts to present the  
broad, cells-to-society

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perspectives of behavioral  
medicine that complement  
conventional models of  
health, health care, and  
prevention. In addition to  
applications to assessment,  
diagnosis, intervention, and

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management, contributors offer innovative prevention and health promotion strategies informed by current knowledge of the mechanisms and pathways of behavior change. Its

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range of conceptual and practical topics illustrates the central role of behavior in health at the individual, family, community, and population levels, and its increasing importance to

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person-centered care. The broad perspectives on risk (e.g., stress, lifestyle), management issues (e.g., adherence, social support), and overarching concerns (e.g., inequities, health

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policy) makes this reference uniquely global as it addresses the following core areas:

- The range of relationships and pathways between behavior and health.
- Knowing in

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behavioral medicine;  
epistemic foundations. · Key  
influences on behavior and  
the relationships among  
behavior, health, and illness.  
· Approaches to changing  
behavior related to health. ·

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Key areas of application in prevention and disease management. · Interventions to improve quality of life. · The contexts of behavioral medicine science and practice. Principles and



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Concepts of Behavioral  
Medicine opens out the  
contemporary world of  
behavior and health to  
enhance the work of  
behavioral medicine  
specialists, health

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psychologists, public health professionals and policymakers, as well as physicians, nurses, social workers and those in many other fields of health practice around the world.

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Meatless Vietnamese cooking for vegetarians and omnivores alike. In the years he spent living and cooking in Vietnam, Cameron Stauch learned about a tradition of vegetarian Vietnamese

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cuisine that is light and full of flavor. Based on recipes devised over centuries by Mahayana Buddhist monks, the dishes in Vegetarian Việt Nam make use of the full arsenal of Vietnamese herbs

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and sauces to make tofu, mushrooms, and vegetables burst with flavor like never before. With a lavishly illustrated glossary that helps you recognize the mushrooms, noodles, fruits,

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and vegetables that make up the vegetarian Vietnamese pantry, Vegetarian Việt Nam will unlock an entire universe of flavor to people who want healthy, tasty, and sustainable food.

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Experience the Taste of  
Southeast Asia, Right in  
Your Own Kitchen Explore  
the street food stalls, night  
markets and hawker centers  
of Thailand, Malaysia,  
Cambodia and more without

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ever leaving home thanks to chef and Masterchef Australia finalist Sarah Tiong's satisfying Southeast Asian recipes. Sarah opens up a fantastic world of flavor to try, from Malaysian



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Chicken Satay to  
Vietnamese Crispy Spring  
Rolls (Cha giò) to Hokkien  
Noodles (Hokkien Mee) to  
Khmer Beef Curry. These  
hearty snacks, barbeque  
bites and shared plates

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encompass the most popular street foods of Southeast Asia, gleaned from her Malaysian family recipes and her own travels throughout the region. And in Sarah's opinion, the

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secret to incredible

Southeast Asian food is all in the sauce, so she also shares an entire chapter of sweet, savory, salty, and spicy options to top off your meal, including Thai Sweet Chili

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Sauce (Nam Jim Gai),  
Creamy Malaysian Peanut  
Sauce and family secrets  
like her Mum's "Everything"  
Sauce. Whether it's  
steamed, fried or barbecued,  
every recipe in this book will

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fill your table with delicious,  
unforgettable dishes— so  
what are you waiting for?

The Manufacturing  
Confectioner

Moon Vietnam

The Marketing Information

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Guide

Discover the Best, Make  
Your Own, and Cook It at  
Home [A Cookbook]  
Everyday Favorites from the  
Street to the Kitchen  
Pleasures of the Vietnamese

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Table

*Delicious, fresh  
Vietnamese food is  
achievable any night of  
the week with this  
cookbook's 80  
accessible, easy*

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*recipes. IACP AWARD  
FINALIST • NAMED ONE OF  
THE BEST COOKBOOKS OF  
THE YEAR BY NPR • The  
Washington Post • Eater  
• Food52 • Epicurious •  
Christian Science*



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*Monitor • Library  
Journal Drawing on  
decades of experience,  
as well as the cooking  
hacks her mom adopted  
after fleeing from  
Vietnam to America,*

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*award-winning author  
Andrea Nguyen shows you  
how to use easy-to-find  
ingredients to create  
true Vietnamese flavors  
at home—fast. With  
Nguyen as your guide,*

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*there's no need to take  
a trip to a specialty  
grocer for favorites  
such as banh mi, rice  
paper rolls, and pho, as  
well as recipes for  
Honey-Glazed Pork*

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*Riblets, Chile Garlic  
Chicken Wings, Vibrant  
Turmeric Coconut Rice,  
and No-Churn Vietnamese  
Coffee Ice Cream.*

*Nguyen's tips and tricks  
for creating Viet food*

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*from ingredients at  
national supermarkets  
are indispensable,  
liberating home cooks  
and making everyday  
cooking easier.*

*First systematic*

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*treatment of best-worst  
scaling, explaining how  
to implement, analyze,  
and apply the theory  
across a range of  
disciplines.*

*Real Vietnamese Cooking*

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*is your ticket to a new world of Southeast Asian tastes and flavors--from the traditional to the modern. On this vibrant culinary tour, visit the food stalls of Vietnam's*

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*bustling urban centers,  
pull up a kitchen chair  
for a family feast, and  
then--in one of the  
cookbook's most unique  
forays--sit down in a  
mess hall with the*



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*hungry soldiers of the  
Vietnamese Army. Real  
Vietnamese Cooking  
combines the collective  
culinary wisdom of three  
intrepid food explorers  
who spent many years*

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*training with Vietnam's  
best chefs while  
scouring the countryside  
in search of tastes few  
foreigners experience.  
The trio appear  
throughout the cookbook,*

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*in caricature form,  
serving as guides,  
teachers and food  
ambassadors. This  
cookbook introduces  
readers to local takes  
on classic dishes, as*

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*well as lesser known favorites--all delicious and accessible, made with easy-to-find ingredients. The more specialized, including rice paper wrappers and*

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*rice flour, are readily available in all major American grocery chains. Street eats, food stall favorites and home-cooked delicacies that savvy travelers could*

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*once only find on the streets of Ho Chi Minh City and in the cafes of Hanoi are gathered here for the first time. This one-of-a-kind cookbook opens a new culinary*

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*window on contemporary  
Vietnam, exposing the  
full range of sweet,  
salty and savory tastes  
previously unavailable  
to the home cook. Dishes  
include: Shrimp-stuffed*

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*spring rolls Classic Pho  
Discover Breathtaking  
Destinations. Have  
Amazing Adventures.  
Capture Stunning Photos.  
Mastering Gyoza, Spring  
Rolls, Samosas, and More*



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[A Cookbook]

*Lonely Planet's Ultimate  
Eatlist*

*Library Journal*

*InstaTravel*

*The Washingtonian*

***A land of vibrant cultures***

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*and vivid contrasts, Vietnam is also home to some of the most delicious and intriguing food in the world. While its cooking traditions have been influenced by those of China, France, and even*

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*India, Vietnam has created a cuisine with a spirit and a flavor all its own. Chef and restaurateur Mai Pham brings to life this diverse and exciting cooking in Pleasures of the Vietnamese Table. Born and raised in*

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*Saigon before emigrating to the United States, Mai has often returned to her native land to learn the secrets of authentic Vietnamese cooking, from family, friends, home cooks, street vendors, and master chefs.*

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*Traveling from region to region, she has gathered the simple, classic recipes that define Vietnamese food today: Green Mango Salad with Grilled Beef, Stir-Fried Chicken with Lemongrass and Chilies,*

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*Caramelized Garlic Shrimp,  
and especially pho, the  
country's beloved beef-and-  
noodle soup. With more than  
100 recipes in all,  
Pleasures of the Vietnamese  
Table offers home cooks the  
chance to create and savor*

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*the traditional flavors of  
Vietnam in their own  
kitchen. Filled with  
enchanted stories and  
stirring black-and-white  
photos of life in Vietnam,  
Pleasures of the Vietnamese  
Table provides a captivating*

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*taste of an enduring culture  
and its irresistible  
cuisine.*

*DK Eyewitness Travel Guide:  
Vietnam and Angkor Wat  
Easy to Adventurous Recipes  
for Vietnam's Favorite Soup  
and Noodles*



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*A Global Handbook*

*Vietnamese Food Any Day*

*Vietnamese*

*Sweet, Savory, Spicy*