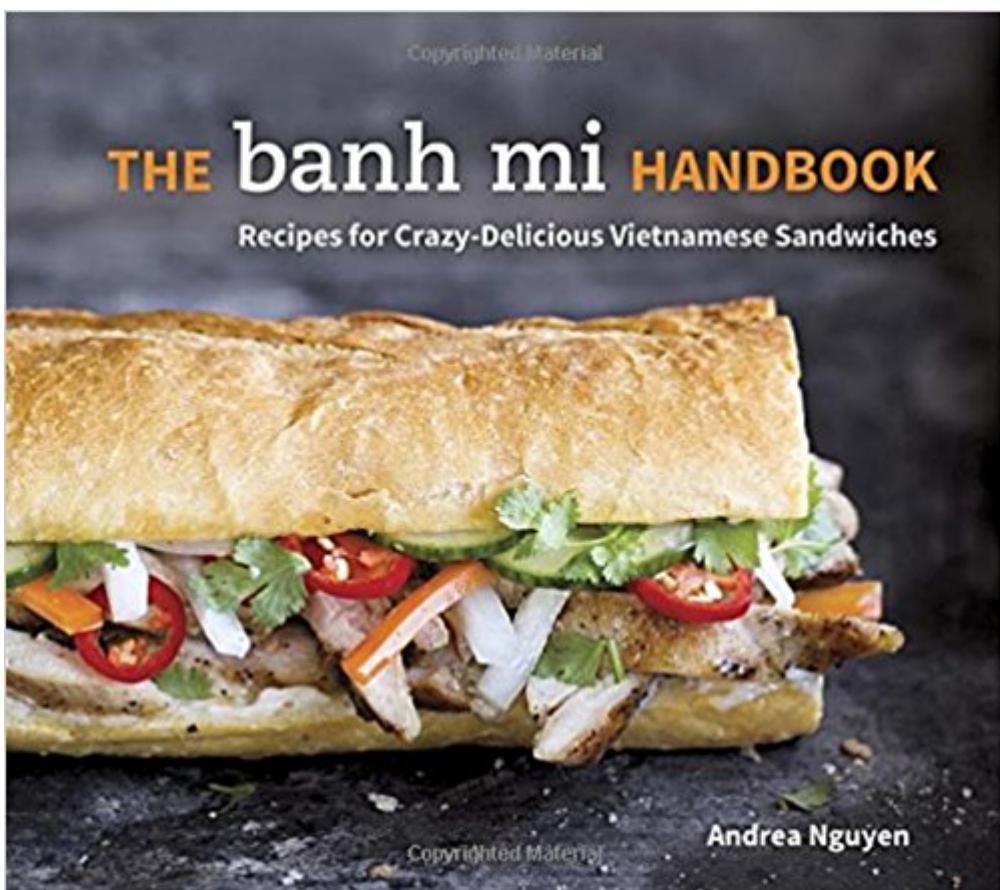


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# The Banh Mi Handbook: Recipes For Crazy-Delicious Vietnamese Sandwiches



## Synopsis

A cookbook devoted to the beloved Vietnamese sandwich, with 50 recipes ranging from classic fillings to innovative modern combinations. Created by Vietnamese street vendors a century or so ago, banh mi is a twist on the French snack of pâté and bread that is as brilliant as it is addictive to eat. Who can resist the combination of crisp baguette, succulent filling, and toppings like tangy daikon and carrot pickles, thin chile slices, refreshing cucumber strips, and pungent cilantro sprigs? You'll have ample opportunities to customize your sandwich with filling options such as grilled pork, roast chicken, and "the special"—a delectable combination of garlicky pork, liver pâté, and Vietnamese cold-cuts. Opening a new realm of flavor for anyone tired of standard sandwich fare, *The Banh Mi Handbook* presents more than fifty recipes and numerous insights for crafting a wide range of sandwiches, from iconic classics to modern innovations, including: Crispy Drunken Chicken Shrimp in Caramel Sauce Grilled Lemongrass Pork Beef and Curry Sliders Coconut Curry Tofu Lettuce Wrap Banh Mi Respected food writer Andrea Nguyen's simple, delicious recipes for flavor-packed fillings, punchy homemade condiments, and crunchy, colorful pickled vegetables bring the very best of Vietnamese street food to your kitchen.

## Book Information

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## Customer Reviews

One of NPR's Best Cookbooks of 2014— Who better than Andrea Nguyen to unravel the mysteries of one of the great sandwiches of the world? Her book is deceptively simple on the

outside but bursting with layers of flavor and complexity within—just like the best banh mi. As always, Andrea puts mastery within the reach of any curious cook smart enough to take her advice. • Joe Yonan, author of *Eat Your Vegetables* “Brimming with information, inspiration, and smart advice, this is much more than a sandwich book. Andrea Nguyen once again demonstrates her commendable talent for writing recipes that deliver great tasting food and teach you to become a better cook.” • Molly Stevens, author of *All About Roasting* “ Andrea perfectly tells the story of how Vietnamese food culture was influenced by French colonials. Her simple recipes elevate very humble ingredients to heights you would not expect. I can’t wait to incorporate some of these ideas into our sandwich menu.” • Sam Mogannam, owner of Bi-Rite Market “Through these recipes, Andrea tells her life story. From childhood lunches of silky sausage on toasted baguettes to postmodern banh mi smeared with curried edamame pâté, she sketches the transformation of a sandwich, born of French and Chinese colonization and Vietnamese ingenuity, into a global culinary phenomenon.” • John T. Edge, author of *The Truck Food Cookbook* “Lots of tasty riffs on the meaty, pickly, crunchy, saucy, spicy Vietnamese sandwich.” • Cooking Light, July 2014 “The banh mi sandwich is itself the product of many miles traveled: the crusty bread brought to Vietnam by French colonists, filled with all the bright, hot, fresh, meaty, intensely tasty elements of the local cuisine. This delicious cultural collision is the subject of “The Banh Mi Handbook: Recipes for Crazy-Delicious Vietnamese Sandwiches” by Andrea Nguyen. . . . it’s a master course in banh mi construction, from the bread to the pickles and condiments to every imaginable filling, whether it’s pork meatballs or fried oysters or a lipsmacking citrus-marinated grilled chicken you’re hankering for.” • Wall Street Journal, June 2014

ANDREA NGUYEN is a celebrated food writer and teacher whose work appears in the Los Angeles Times, Wall Street Journal, and Saveur, where she is also a contributing editor. Her previous books, including *Into the Vietnamese Kitchen*, *Asian Dumplings*, and *Asian Tofu*, were highly acclaimed and nominated for James Beard and IACP cookbook awards. She lives in the San Francisco Bay Area. Visit [www.vietworldkitchen.com](http://www.vietworldkitchen.com) for more.

Wonderful cookbook! The writing, photos, and organization are top-notch. Overall, working with the “Handbook” is like having a friend teaching and helping out in the kitchen. As noted in the first review, the book is about way more than just sandwiches - some history, family stories, the hunt for perfect banh mi bread, and best of all, new ways of thinking about food. Ms Nguyen breaks down

the delicious bahn mi sandwich into simple elements - crunch of the crust, softness of the crumb, a bit of fat, a umami blast, unctuous fillings, cool and crisp veggie toppings - in a way that I was able to carry over into my other cooking. I was thinking of her meatball bahn mi as I tweaked my usual spaghetti with meatballs recipe for dinner last night - adding finely chopped cilantro stems to the meat, coating the meatballs with panko, and a dash of anchovy paste to the sauce. I bring this up to show how this is a little book that makes one's culinary imagination take flight, as a great cookbook should. More down-to-earth, Ms Nguyen also gives myriad little kitchen hints that I found immediately useful - how to keep cilantro and how to cut it to stay fresh, squeeze quick pickles after salting to get them crisp, how to refresh bread. Not to mention how many of her recipes can be simply transposed onto a bed of rice noodles or lettuce for a delicious meal. If you love to cook, then don't pass up this book!

I've been a fan of the author, following her lovely and delicious blog for some time. This book follows through on what I love about her work -- it's accessible for a home cook, the photography is delightful, the writing is clear, and I'm eager to get in the kitchen and try things out for me and my family. This book features recipes for omnivores, meat-eaters, and vegetarians. Also, because of the way the book is structured, one could easily turn many of these sandwich fillings into main dishes for a non-sandwich meal. In my family, we eat a lot of rice, and I'll definitely be serving things like Crispy Drunken Chicken, Shrimp in Caramel Sauce, and Maggi Steaks with or without bread. But the bread! She includes a recipe for banh mi rolls, but I haven't got to try it yet. When the weather cools down, I'll give it a try. It's written for a heavy-duty stand mixer, which I do not have, but Notes include instructions on how to work it by hand. Probably it would be a bit imposing for someone without a mixer or some bread-making experience; it is not, however, more complicated-looking than recipes I've done before, and it requires no special equipment beyond a spray bottle. There is also a recipe for bao-like buns, or steamed bread, in the "alternative banh mi" chapter. That chapter also features a recipe for lettuce wraps and a salad, perfect for warmer weather meals. Also included is a section on condiments, such as homemade mayo in several variations and some other sauces, and quick pickle recipes. They are refrigerator pickles and as such do not require any special canning techniques. The section which may see the least use in my house is the one on cold cuts; this is not because the recipes look bad, however. To me they look amazing, and I'll be trying some of the sausages...but I'm probably the only one in the house who would love the pÃƒÆ'Ã¢tÃƒÂ© with chicken or pork, let alone the headcheese terrine. I'll probably make them anyway, at least once, since I'm the cook; if I'm lucky, my housemates will enjoy them too. People with more

adventurous families or housemates may get more mileage out of them. (I slightly envy them.) All in all, this is a cookbook I'm happy to have added to my collection, and I'm looking forward to adding its contents to my regular cooking rotation.

I love this book! Well written and great photos! The stories she tells makes it feel like you are hanging around the kitchen with a friend. I think this book is good for beginners as well as advanced cooks.

I buy many cookbooks each year, and this one is my favorite of 2014. I am in LOVE with this adorable little hardcover. Currently, I am systematically working my way through every single recipe. My family cannot get enough of these interesting and varied Thai-style sandwiches. They have become kind of an obsession for all of us. The book's production values are top notch also. I strongly prefer to use cookbooks that feature excellent photography and high-grade paper, and this one does not disappoint. I have purchased extras of this volume to give to friends who also enjoy exploring new foods. What a homerun.

This is one fantastic cookbook, well written, and easy to follow. I've made all the sauces & pickles and they all came out perfect. We are amazed how the simple flavors combine for a mind-blowing sandwich.

I have four Vietnamese children that I tutor once a week to help them with their school work. Even though I do this for free and refuse payment, the parents will occasionally give me prepared Vietnamese foods and sandwiches. I love the food, especially the banh mi sandwiches. I am going to use this book to make some on my own. The vegetables in these sandwiches are aromatic as well as delicious. You can't find these at a Subway or Jimmy John sandwich shop. The book itself needs a good editing but it is readable enough to understand what needs to be done. I would not spend the money for a hard cover book. The kindle edition is the right price for what you are getting.

Really enjoying this book. Great recipes. Great reading. Very inspiring. Attaching photo with sandwich filled in "Banh Mi" style on an onion roll. Fantastic!

I think I am going to buy all of Andrea Nguyen's books! This book is amazing. It has recipes for \*everything\*, the bread, the meat - that funny smooth sausage stuff which is really good. The

pickled onion recipe is very simple but amazingly delicious, and the pickled daikon (radish) and carrot recipe is great. Another five star book from Andrea Nguyen!

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