VIETNAMESE COOKING LESSON

WITH CHEF THOA NGUYEN

GOI XOAI TOM - VIETNAMESE MANGO SALAD WITH SHRIMP

A tangy mango salad with shrimp topped with mint, basil and cilantro and finished with a light citrus dressing.

GA KHO GUNG - CARAMEL GINGER CHICKEN

A simple dish of bite-size pieces of chicken, braised and caramelized with ginger, garlic, shallots and fish sauce. It is typically served family-style with steamed rice and a vegetable dish.

GOI XOAI TOM - VIETNAMESE MANGO SALAD WITH SHRIMP

INGREDIENTS LIST

- 1 large unripened mango (1.5lb) julienned
- 1 carrot julienned
- 1 english cucumber seeded and julienned
- 1 small cabbage shredded
- 1 lb med. shrimp, deveined-boil in water with a pinch of salt until cooked, drain, set aside in refrigerator *for a vegetarian dish - skip the shrimp 1/4 red onion thinly sliced

Herbs and Garnish Rice crackers (optional)
Deep fried shallots (optional) - see recipe
Roasted peanuts - crushed, pan roast on dry med heat
Mint, Thai basil, cilantro chopped

Dressing 1/3 cup sugar
1/3 cup fish sauce
1/3 lime juice
1/2 cup water
Sliced Thai chiles (optional)

GOI XOAI TOM - VIETNAMESE MANGO SALAD WITH SHRIMP

INSTRUCTIONS

Prep Ahead-Fried shallots Roasted peanuts Cooked shrimp

Makes 1/4 cup fried shallots: 1 large shallot 1/3 cup canola oil

In a small saucepan, heat the oil over medium-high until it registers 275°F on a deep-fry thermometer. Add the shallots and cook, stirring, until light golden brown, about 8 minutes. Using a slotted spoon, transfer the shallots to a paper towel-lined plate to drain. Set a side, can be done a day ahead of time.

Salad:

- 1) Cut all vegetables, mango and herbs set aside
- 2) Quick pickle mix equal parts water, sugar and white vinegar in a large bowl, soak the cut carrot for 45 mins, add cucumber and soak for additional 20 mins drain (do not rinse) set aside
- 3) In a large mixing bowl, add all vegetables, mango, herbs, cooked shrimp, salad dressing, mix all ingredients
- 4) Top with herbs and crushed peanuts, serve with rice crackers

GA KHO GUNG - CARAMEL GINGER CHICKEN

INGREDIENTS LIST

3 lbs skinless chicken thighs in 1 inch cubes (fat trimmed and generously seasoned with salt)

*for a vegetarian dish, use tofu

1 fresh shallot

3 tablespoons canola oil

1/2 med. onion sliced

1/2 cup fresh ginger peeled and cut into matchsticks

2 garlic cloves minced

1/2 cup fish sauce

1/4 teaspoon of salt

1/2 teaspoon ground black pepper

1/2 teaspoon dried red pepper flakes

2 green onions, thinly sliced for garnish

Caramel Sauce -

1/3 cup granulated sugar

1/2 cup water

GA KHO GUNG - CARAMEL GINGER CHICKEN

INSTRUCTIONS

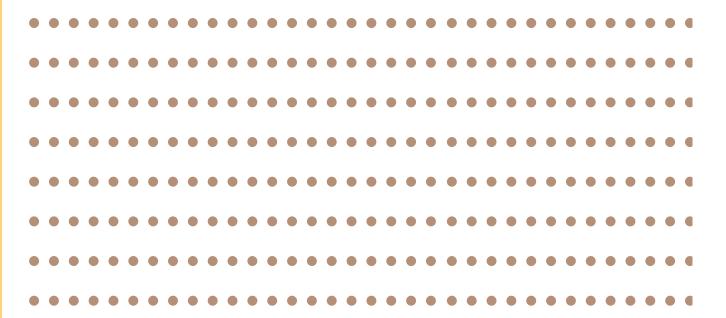
Caramel Sauce -

- 1) Heat a large pot over med/high heat, add sugar, cook until sugar starts to melt and turns reddish brown about 5 mins
- 2) Remove from heat, step away from pot when adding 1/2 cup water to it to avoid being splattered!
- 3) Bring back to heat. Stir until caramel dissolves, pour into a heatproof bowl set aside

Chicken -

- 4) In the same pot, add in the chicken thighs, stir in pot until the chicken is cooked on the outside about 2 minutes *if using tofu, cook until browned on all sides
- 5) Add the caramel sauce, fish sauce, 1/4 tsp salt, black pepper, and chili flakes mix until the chicken is coated
- 6) Reduce heat to medium and cook until the chicken (or tofu) is cooked through turning the chicken every 2-3 minutes for about 20 minutes
- 7) Stir in the onion, ginger and garlic and cook for 2-3 mins
- 8) Transfer to serving platter, garnish with sliced green onions

NOTES:



PRESENTED BY: CHEF THOA NGUYEN



sushi bar & asian grill