

## 01. Asian mushrooms (V)

[Gut Healthy] (g)

1kg	Wild mushrooms
300ml	White Wine Vinegar
300ml	Water
150ml	Honey
10g	Sea Salt
10ml	Soy Sauce

01. Bring the vinegar, water, honey, salt and soy sauce to the boil and remove from the heat.
02. Prep and wash the wild mushrooms while the mixture cools slightly.
03. In a jar or large container add the mushrooms and pour the pickling liquor over them (ensure they are completely covered).

*These will keep in the fridge for up to 2 weeks.*



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**Asian mushroom Bao**

## 02. Vietnamese Pork Belly *[main]*

1 kg	Pork belly – skin off and de-boned
1	Orange – peel and juice
500ml	Chicken stock
200g	Light brown sugar
100ml	White wine vinegar
200ml	Sweet soy sauce
30ml	Angostura bitters
1 Thumb	Ginger peeled and grated
1tsp	Salt
1tsp	Cracked black pepper

01. Cut the pork belly into 15cm square pieces.
02. Mix all ingredients together then add the pork and marinate for 4 hours (minimum).
03. Heat a non-stick pan – no oil.
04. Remove pork belly from marinade (KEEP THE LIQUID) and fry fat side down for 8 minutes on a medium heat to help render the fat.
05. Turn over and fry for a further 2 minutes.
06. Line a gastro with parchment and add the pork belly fat side up.
07. Add the marinade mix to the gastro then top with another sheet of grease proof paper and press with another gastro and add some weight. This will press the belly and speed up the cooking process.
08. Cook, with the tray on top, for 1 hour at 160C or until the pork belly is tender and the marinade is sticky and reduced - (the thicker the meat the longer this will take).
09. If the meat doesn't feel tender but the sauce is reduces add small amounts of water to avoid the sauce from burning and going bitter.
10. Once cooked – cool the pork belly and slice.





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**Vietnamese Pork Belly**

### 03. Salt and Pepper Aubergine *[main]*

2	Aubergines
100g	Plain flour
150g	Corn flour
3 ½ tsp	Baking powder
300ml	Soda water (or cold water and 1 tsp baking soda)
3 tbsp	Cracked black pepper
3 tbsp	Sea salt
	Oil

01. Mix the cracked black pepper and salt together set aside.
02. Cut the Aubergine into wedges (just larger than finger size).
03. Sift and mix flours with the baking soda. Split this into to bowls 1/3 in one (flour dip) and 2/3 in the bowl to make the batter.
04. Add the cold soda water to the 2/3 flour mix bowl slowly and whisk until batter consistency.
05. Heat oil in wok or deep fat fryer.
06. Dust aubergine with flour and dip in batter and fry until golden.
07. As soon as they are removed from the oil sprinkle with salt and pepper mixture whilst still hot.
08. Drain well to remove any excess oil and serve.





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**Salt and Pepper Aubergine**

## 04. Bao [main]

Makes 16 buns



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### [For the Tangzhong]

100g Plain flour

500ml Water

### [For the Bao dough]

100g Tangzhong

420g Plain flour

90g Caster sugar

40g Milk powder

3g Dried yeast

5g Baking powder

¼ tsp Salt

80g Milk

80g Water

10ml Veg oil

### [For the Tangzhong]

01. Put the flour into a pan and slowly add the water until smooth.
02. Warm on a low heat until the mix becomes glue like.
03. Cling film (push the cling down so that it touches and covers the tangzhong) and allow to cool.

### [For the Bao Bun]

01. Activate the dried yeast with a little warm milk and sugar for 20 minutes at room temp.
02. Put 100g of the tangzhong, the yeast and all the dry ingredients into a mixer, with a dough hook, and mix until incorporated.
03. Slowly add the milk and water and mix for 3min.
04. Add the oil and mix for a further 10min.
05. Cover with a clean cloth and prove at room temperature for 2 hours.
06. Once proved dust the surface with flour and knead for 5 min.
07. Divide the dough into 60g pieces and roll into balls.
08. Roll into an 8cm oval shape.
09. Brush or spray the top lightly with oil and, with the short edge facing you, fold over the dough so the two short edges meet, but do not press them together.
10. Place onto a square of baking parchment paper (around 2cm bigger than the bao bun).
11. Cover with cling and prove for 15-20min (or until doubled in size).
12. Transfer to a steamer tray and Steam for 12-15min.



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**Bao**

## 05. Crunchy street slaw *[side]* (V) (GF)

1	White cabbage finely shredded
½	Hispy cabbage head shredded
3	carrots julienne
½	Coriander bunch roughly chopped (about 100g)
2	Cucumbers (de-seeded and finely sliced)
2	limes (juiced)
100ml	Nuoc Mam sauce

Toasted pumpkin seeds/ sliced spring onions/ crispy onions

01. Wash all the vegetables before preparation. Julienne the cabbage, carrots and slice the cucumber, place in a large mixing bowl. Add in half a bunch of chopped coriander, then set aside. This can be made the day before to save time.
02. Once you are ready to serve, dress the carrots, cabbage and cucumber in the Nuoc mam dressing and the juice of two limes.
03. Mix all ingredients together and dress with 200ml Nuoc mam sauce just before serving.



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**Crunchy Street Slaw**

## 07. Pickled Bam Vegetables [side] (V) (GF)

[Gut Healthy] (g)

*[This Bam vegetables recipe is perfect for getting ahead as it can be made up to 1 week in advance]*

1	Mooli
6	Carrots
4	Red onion
1	Swede

*[Pickling liquor]*

4	Lemongrass stalks
4	Chillies long Dutch
1	Brown onion in half keep the skin on
10	Garlic cloves
100ml	Rapeseed oil
100ml	White vinegar (distilled)
1.5 Lt	Water
50ml	Vegetarian fish sauce

01. Place all pickling liquor ingredients into a suitable pan. Bring to the boil and take off the heat immediately.
02. Allow to cool slightly before straining the liquor in to a separate container.
03. Julienne all vegetables thinly and place in the Kilner jars or separate airtight container.
04. Pour the strained liquor over the vegetables in the Kilner jars or airtight container.
05. Close the lids and refrigerate once at room temperature.



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**Pickled Bam Vegetables**

## 08. Lime & Brown Sugar cooler *[drink]* (GF)

*[Gut Healthy]* **g**

6	Limes juiced
500g	Dark brown sugar
20g	Lime leaf – preferably fresh
½	Asian basil bunch
5	Lemongrass sticks
10lt	Water

01. Smash the lemongrass sticks with the back of a knife then place all ingredients into a large glass dispenser, stir well. Make at least two hours in advance, serve chilled.



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**Lime and Brown Sugar Cooler**

## 09. Vietnamese Street Fried Chicken Leg

*[main]*

**4**      **Chicken legs**

*(With connecting joint broken)*

*[Marinade]*

**50ml**      **Fish sauce**

**3**      **Garlic cloves**

**2**      **Salt (pinch)**

**1**      **Egg beaten**

*[Panne flour]*

**250g**      **Corn flour**

**250g**      **Plain flour**

**1/2 tsp**      **Chilli powder**

*[Nuoc nu Cham Glaze]*

**50ml**      **Fish sauce**  
**50ml**      **Distilled white vinegar**

**75g**      **Caster sugar**

**3**      **Red chillies**

**50ml**      **Water**

**4**      **Garlic cloves**

**100g**      **Ginger**

**75g**      **Fresh coriander**

*[For the batter]*

*Use the panne mix to make the batter  
by adding 375ml of water – mix well*

01.      Place the four chicken legs in a suitable bowl

02.      Pour the marinade over the chicken and refrigerate for a 1 hour minimum (best over night)

03.      Once marinated place the chicken leg into a separate mixing bowl with the panne flour

04.      Coat the chicken leg thoroughly in the flour mix then remove onto a separate tray

05.      Make the batter – see above

06.      Add the chicken to the batter, coat well and then place into a fryer at 170c for 5 to 8 minutes

07.      Remove from the fryer and place onto a baking tray and cook at 160c for a further 25 to 30 minutes until the chicken leg reaches 80c Core temperature.

08.      Make the Nuoc nu cham Glaze by adding the water and sugar together and bring to the boil to start a caramel. Once the light brown caramel has come together remove from the heat and add in the fish sauce and white vinegar. Allow to cool slightly then add in the finely chopped garlic, ginger, chilli and coriander.

09.      Place the chicken on to your serving dish of choice, pour over the glaze making sure the chicken leg is properly coated. Garnish with freshly sliced spring onions



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**Vietnamese Street Fried Chicken Leg**

## 10. Braised hispy cabbage with mala Sauce *[main]* (v)

4	large Hispy cabbages or Savoy
6 tbsp	Gochujang
500ml	Water
50ml	Fish sauce
100g	Brown sugar
2	Garlic cloves
50g	Ginger
1	Green pepper
200 ml	Cooking oil
10g	Salt
2	White onions sliced

### *[Aromats]*

1	Cinnamon stick
10g	Pepper corns
1	Star anise
5	Bay leaf

01. Quarter the cabbage and place on to a steamer tray and set aside.
02. For the mala sauce add to a suitable pan the cooking oil, green pepper, white onion, garlic and ginger.
03. Cook down for 5 minuets until the vegetables start to soften.
04. Add in the fish sauce, gochujang , brown sugar, salt and 500ml of water. Bring to the boil and turn to a simmer for 15 minuets. Blitz with a stick blender, once smooth remove the blender and add in the aromats.
05. While the mala sauce is cooking, steam the quartered cabbage for 3 minutes, remove from steamer and place into a gastro. Cover the cabbage with mala sauce and tin foil tightly, return to a dry oven and braise for 1 hour on 160c. Once the cabbage has been braised remove from the oven and serve in your dish of choice.



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**Braised Hispy cabbage with Mala Sauce**

## 11. Asian Basil *[sauce]*

[Gut Healthy] 

3 tbsp	Veg oil
1	Rough chopped garlic
2 tbsp	Dark soy sauce (or gluten free soy sauce)
2 tbsp	Oyster sauce
2 tbsp	Water
2 tbsp	Honey
1	Asian basil bunch (semi blitzed)

Combine all the ingredients and blend

## 12. Asian avocado *[spread]*

[Gut Healthy] 

2	Ripe avocados
1/4 cup	Chopped red onion
2 Tbsp	Chopped coriander
1 Tbsp	Chopped fresh ginger
1	Clove garlic chopped
1 Tbsp	Toasted sesame seeds
1	Lime Juice
1 Tbsp	Rice vinegar
2 tsp	Sesame oil
1 Tbsp	Cream cheese
Salt to taste	

Combine all the ingredients and blend



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**Asian Basil Sauce**

## 13. Bahn Mi *[main]*

*[Choose your FAT]*

Butter

Mayo

Avocado puree



Kefir yoghurt

*[Choose your BASE]*

Mushroom Pâté

*[Choose your ADD IN's]*



Viet Pickle Carrot

Jalepenos



Cucumber strips

Mint / Basil / Coriander

*[Choose your SEASONING]*

Soy sauce / Salt / Pepper

*[Choose your SEASONING]*

Egg Omelette or fried Egg

OR

Sticky Pork Balls



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**Bahn Mi**

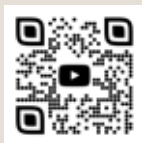
## 14. Bahn Mi Baguette *[main]*

262ml	Luke warm water
500g	Good quality bread flour
5g	Dried yeast
8g	Salt
6g	Sugar
29g	Butter
1	Egg

01. Mix all dried ingredients together.
02. Add melted butter and mix with spoon. Add whisked egg and water and mix with dough hook.
03. Knead in stand mixer for 10 minutes or until elastic in touch.
04. Oil basin and hands then fold inwards the mix and place in basin – oil and cover with cling film to rise until triple in size – prove in rational for 1hr 30mins.
05. Cut into 140g shape and stretch out and roll as per video.
06. Roll onto baguette tray – spray with oil and water. Prove until tripled in size – prove in rational for 1hr 10mins.
07. Bake on 200c for 20 minutes. When out of oven brush with melted butter to finish

*[Baguette Code for Delice de France / to add to recipe for bigger numbers]*

Scan the QR to see how to  
shape the Bahn Mi Baguette



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**Bahn Mi Baguette**

## 15. Fried Cauliflower *[side]*

6	Medium size raw cauliflower florets
1 Tbsp	Marmite and 1 Tbsp warm water – heat up gently
1 Tbsp	Peanut butter or Wowbutter (for vegan/allergen free)

### *[Tempura batter]*

150g	Self raising flour
50g	Potato Starch
	Sparkling water added until batter consistency
1 Tbsp	Peanut butter or Wowbutter (for vegan/allergen free)

01. Marinade the florets for 24hrs in the Marmite and peanut butter or Wowbutter
02. To make the tempura batter mix the flour and potato starch then add sparkling waster until you reach a batter consistency. Add the peanut butter and mix well, season to taste
03. Coat the florets in the batter and deep fry for 3-4minutes at 180 C.



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**Fried Cauliflower**

## 16. Sticky Pork Meatballs *[main]*

*[Gut Healthy]*



3	Garlic cloves, crushed
1	Large thumb-size piece fresh ginger, grated
2	Lemongrass stalks
1	Zest lime
500g	British free-range pork mince
2 tbsp	Finely chopped fresh coriander
½-1	Red chilli, de-seeded and finely chopped
2 tsp	Fish sauce or nutritional yeast
	Vegetable oil for frying

### *[For the honey glaze]*

25g	Clear honey
20ml	Soy sauce ( or gluten free soy sauce)
2 tsp	Fish sauce or nutritional yeast
1	lime (Zest)

01. Remove the tough outer leaves from the lemongrass and finely chop. Combine all the ingredients except the oil in a bowl and mix well. Roll into 20-24 walnut- size meatballs, then set aside.
02. Bake in oven 12 minutes at 180 C.
03. Warm all the glaze ingredients together slowly then add the meatballs to glaze.



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**Sticky Pork Meatballs**

## 17. Vietnamese Cucumber *[side]*

*[Gut Healthy]*



2	Cucumbers, stripy peeled
100g	Jalapenos
2	Spring onions
1	Garlic clove minced
Handful	Chopped coriander
Handful	Mint leaves, coarsely chopped
2 tbsp	Sunflower oil
2 tbsp	Lime juice
2 tbsp	Rice wine vinegar
1 tbsp	fish sauce or nutritional yeast
1 tsp	Sugar
Pinch	Salt
Optional -Toasted peanuts, coarsely chopped	

Combine all the ingredients in a bowl.



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**Vietnamese Cucumber**

## 18. Bam Wings *[main]*

1kg Chicken wings

### *[Coating & dredge]*

400g Plain flour

400g Corn flour

1tbsp Garlic powder

1 tbsp Smoked  
Paprika

1 tbsp Five spice

1 tbsp Salt

1 tbsp Cracked Black  
pepper

400ml Water

### *[Sauce]*

8 Cloves garlic

2 limes

100g Fish sauce

200g Dark soy sauce

200g Honey

40g Fresh ginger

100g Ketchup

2tbps Cornflour

### *[Garnish]*

Spring onions

Sesame seeds

Red chilli

Coriander

01. In to a bowl add the plain flour, corn flour, garlic powder, smoked paprika, five spice, salt and cracked black pepper. Mix well to make your coating
02. Take exactly half of the mixed coating into another bowl and mix with the 400ml water to make the dredge.
03. Coat the 1kg of chicken wings in the dry coating first, make sure they are thoroughly coated. Once coated, place in the wet dredge. Remove the chicken wings from the wet dredge and put back into the original dried coating, ensuring they are fully covered.
04. Place in the fryer at 170 c until thoroughly cooked through.
05. *For the sauce.* In a blender, combine the garlic, lime, fish sauce, dark soy sauce, honey, fresh ginger, ketchup and cornflour. Once combined, place into a saucepan and reduce on a medium heat until it can coat the back of a spoon.
06. Once the chicken wings are cooked, combine with the sauce whilst both are still hot.
07. Toast the sesame seeds and finely slice the spring onions, red chilli and coriander. Use to garnish.



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**Bam Wings**

## 19. Che chuoi Banana tapioca bowl

*[dessert]*

100g	Tapioca pearls
400ml	Coconut milk
230ml	Water
65g	Sugar
3 ripe	Bananas, peeled and sliced
1 tbsp	Sesame seeds, toasted
1	Mango, peeled, thinly sliced

01. Soak the tapioca pearls in cold water for at least an hour prior to cooking.
02. Drain well. Put in a big saucepan with 700ml of water and bring to a boil. Lower the heat and cook for 10-15 minutes until the tapioca pearls are opaque and softened. Drain and set aside.
03. In a large saucepan over low heat, combine the coconut milk, water and sugar. Cook whilst stirring constantly for 5 minutes or until the sugar dissolves.
04. Add bananas to the saucepan and cook for another 5 minutes.
05. Add the cooked tapioca pearls and gently stir to combine. Cook for another 2 minutes.
06. Remove from the heat and set aside to cool and thicken.
07. Spoon into individual bowls, sprinkle with sesame seeds and top with mango slices.





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**Che chuoi Banana tapioca bowl**



## 20. Pho *[main]*

### *[Broth]*

1.5kg	Beef brisket
1kg	Oxtail bones
1kg	Marrow bones
10	Star anise toasted
4	Cinnamon sticks toasted
4	Cardamom pods toasted
2tbsp	Coriander seeds toasted
4	Whole cloves toasted
2	Large onions
150	Fresh ginger
3.5L	Water
2tbsp	Sugar
1tbsp	Salt
50ml	Fish sauce

### *[Fillings] (Per bowl)*

120g	Dried Rice noodles
4	Brisket slices used for broth
50g	Raw beef sirloin thin slices

### *[Toppings]*

Beansprouts
Thai Basil
Coriander
Lime - wedges
Red Chilli – finely sliced
Hoisin sauce
Sriracha sauce

01. Heat a heavy based pan over high heat (no oil) until smoking. Place onion and ginger in pan cut side down. Cook for a few minutes until it's charred, then turn. Remove and set aside.
03. Toast Spices lightly in a dry pan over a medium heat.

### *[Remove impurities]*

03. Rinse bones and brisket then cover with water in large stock pot.
04. Boil for 5 minutes, then drain.
05. Rinse each bone and brisket under cold tap water.

### *[Broth]*

06. Wipe the pot clean, bring 3.5L of water to the boil. Add bones, brisket, ginger and toasted spices
07. Add onion, ginger, sugar and salt - water should just barely cover everything. Cover with lid and simmer 3 hours.
08. Remove brisket (should fall-apart), cool then refrigerate for later.
09. Simmer remaining soup uncovered for 40 minutes.
10. Strain broth into another pot, discard bones and spices. Should be about 2.5L left if there is more, reduce. Add fish sauce, adjust salt and sugar if needed.

### *[Assemble]*

11. Prepare rice noodles per packet, just prior to serving.
12. Place noodles in bowl. Top with raw beef and brisket.
13. Ladle over about 400ml of boiling beef stock - will cook beef to medium rare.
14. Serve with fresh toppings on the side.



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**Pho**

## 21. Sticky Coconut Rice *[side]*

*[Gut Healthy]* **g**

2000g	Coconut milk
800ml	Water
5tbsp	Maple syrup
3tbsp	Salt
5	Cloves minced garlic
20g	Fresh minced ginger
2	Lemon grass stems
1kg	Jasmine rice
100g	Sliced spring onions
50g	Toasted shaved coconut

01. Into a pan add the coconut milk, water, maple syrup, salt, garlic, ginger and lemon grass. Bring up to a simmer.
02. Once the coconut stock is simmering add the Jasmine rice and half the sliced spring onions.
03. Cook until rice is al dente and leave to rest with a lid on until sticky.
04. Garnish with the rest of the sliced spring onions and toasted shaved coconut.



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**Sticky Coconut Rice**

## 22. Banh Xeo – Vietnamese Crepes *[main]*

### *Batter*

255g Rice Flour or cornflour

600ml Water

85g Plain Flour

400ml Coconut Milk

2 tsp Turmeric

5 Spring Onions – Finely shredded

### *Filling*

450g Fresh Prawns / Pork Belly OR 500g Mixed Wild Mushrooms

½ White Onion – Finely sliced

250g Bean Sprouts

¼ Hispy Cabbage – Finely Shredded

½ Bunch Fresh Mint – Coarsely Chopped

½ Bunch Fresh Coriander – Coarsely Chopped

½ Bunch Vietnamese Perilla (Or use Thai Basil) – Coarsely Chopped

### *Sauces*

2 tsp Black Vinegar

1 tsp Fish Sauce (Optional)

2 tsp Soy Sauce

01. Combine batter ingredients and mix until they have the consistency of a traditional crepe. Leave batter to sit in the fridge for 1-2 hours.
05. Pan fry the protein of choice with the onion and hispy cabbage.
06. When these have cooked down, add the sauces to deglaze and reduce slightly.
07. Cook crepes in a medium non stick pan, adding the filling as soon as the top side of the crepe begins to set. Make sure you use enough time and heat to get the desired crispy underside.
08. Garnish with fresh herbs and then fold in half and serve.





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**Banh Xeo - Vietnamese Crepes**

## 23. Tamarind & Lime Fried Fish *[main]*



4 Cod or Talapia fillets – Cut into bite size wedges

### *Marinade*

50g Tamarind Paste

30g Hot Water

20ml Fish Sauce

10g Shrimp Paste (Optional)

20g Sugar

1 Lime – Zest and Juice

1 Garlic Clove – Finely minced

1 Thai Bird's Eye Chilli – Finely minced

### *Batter*

120g Rice Flour

120g Corn Flour

½ tsp White Pepper

½ tsp Turmeric

10g Caster Sugar

Soda Water or Light Beer

01. Add all of the marinade ingredients together into a blender or food processor. Blend until the mix forms a smooth paste, you may need to add more water depending on the brand of tamarind paste.
02. Coat the fish thoroughly with the marinade and leave in the fridge for at least 2-3 hours, overnight if possible.
03. Mix the dry batter ingredients together and then add either soda water or light beer until you reach the consistency of double cream.
04. Batter and fry the fish at 175c until cooked through.
05. Coat with Nuoc Cham, fresh coriander and mint.



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**Tamarind & Lime Fried Fish**

## 24. Vietnamese Grilled Chicken Skewers

*[main]*

1kg	Boneless/Skinless Chicken Thighs – Cut into 2cm strips
30ml	Fish Sauce
30ml	Soy Sauce
15ml	Mirin
30ml	Sesame Oil
30ml	Oyster Sauce
50g	Brown Sugar
½ tsp	Garlic Powder
½ tsp	Onion Powder

01. Combine all ingredients together and leave to marinate for at least 2-3 hours, preferably overnight.
02. Leave wooden skewers in a bowl of water for at least 1 hour.
03. Thread marinated chicken onto skewers – reserve the remaining marinade.
04. Grill (preferably over charcoal) until cooked through, baste regularly with remaining marinade and turn often to avoid burning.
05. Dress with spring onions or street slaw.



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**Vietnamese Grilled Chicken Skewers**

## 30. Mushroom Pâté [*Bahn mi filling*]

10g	Butter
1 tbsp	Olive oil
500g	Sliced button mushrooms
½	Onion finely diced
1	Clove garlic crushed
⅛ tsp	Nutmeg
½ tsp	Dried thyme
¼ tsp	Dried rosemary
60g	Cream cheese
Pinch of black pepper	

01. Put a little butter and olive oil in a saucepan and add the mushrooms, onion, garlic, thyme, rosemary, nutmeg and black pepper. Cook over a gentle heat for about 20 minutes, stir occasionally. The mushrooms will give out lots of liquid at first but by the end of the cooking time the pan should be fairly dry. Take off the heat and leave to cool.
02. Put the mushroom mixture and cream cheese in a food processor. Blend until smooth.



## Mushroom Pâté



## 25. Lemongrass Bacon Jam *[sauce]*

1kg	Finely diced smoked streaky bacon
100g	Cider vinegar
125g	White wine vinegar
125g	Light brown sugar
75g	Golden syrup
125g	Whole grain mustard
75g	Dijon mustard
1	Lemon grass stick
1	Lime (juice)

01. In a large pan fry of the bacon until crispy then strain off the fat.
02. Whilst the bacon is straining return the pan to the heat and deglaze the pan with the vinegars.
03. Add the sugar and golden syrup and reduce the mix by half.
04. Return the bacon to the pan and add the mustards, lemongrass (crush with the back of your knife before adding to release the flavour faster) and lime juice.
05. Mix well and cook on low heat until sticky and coated (jam like) and allow to cool.
06. Once cool remove the lemon grass and serve.



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## 26. Pickled Plum Ketchup *[sauce]*

1	Large onion, diced
6	Garlic cloves, sliced
5cm	Root ginger, peeled and roughly chopped
1 tsp	Chinese five spice
½ tsp	Ground allspice
750g	Plums, de-stoned and roughly chopped
½ tbsp	Salt
120g	Light brown sugar
300ml	Red wine vinegar
200ml	Water

01. Fry the onion off on a low heat for 8 minutes, until softened. Add the garlic, ginger and spices and heat for another 4-5 minutes, until lightly golden and fragrant.
02. Add the plums, salt, sugar and vinegar and 200ml water. Bring to the boil, cover and simmer for 30 minutes, until the plums have all broken down.
03. Remove the lid and continue to bubble for another 30 minutes, stirring frequently, until thickened.
04. Blend the ketchup until smooth, then push through a fine sieve to remove any remaining lumps.



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## 27. Sriracha Mayonnaise *[sauce]*

120ml	Rapeseed oil
3	Egg yolks
1 ½ tsp	Dijon mustard
¼ tsp	Salt
1 tbsp	Lime juice (and zest)
60ml	Sriracha sauce

01. In a Robotcoupe or food processor blend the egg yolks, mustard, salt and lime juice until combined and doubled in size.
02. Whilst still mixing slowly add the oil until all combined.
03. Finally add the sriracha sauce and lime zest.



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## 28. Vietnamese Crispy Shallots *[side]*

5 Banana shallot

2 tsp Salt

¼ tsp Ground ginger

Oil (fryer)

01. Peel the shallot and cut into thin rings, either with a mandolin or a knife.
03. Add the shallot rings to a fine sieve and submerge the strainer part of this in the fryer – this will avoid smaller pieces getting lost in the fryer (note: ensure the sieve is completely dry before you start).
04. Stir the shallots regularly to ensure they are evenly cooked.
05. Once the colour has turned golden remove them from the oil and drain.
06. Whilst still warm add the salt and ground ginger together and sprinkle over the shallots.
07. These can then be dried out further in a hot cupboard or under heat lights if required.



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## 29. Soy Cured Egg Yolk *[side]*

500g	Soy sauce
4 tbsp	Mirin
10	Egg yolks

01. Mix the soy sauce and mirin together in a container that allows the liquid to be around 10cm deep.
02. Separate the egg whites and yolks- ensure all the white is removed from the yolk and add them to the soy mix.
03. Use a blue jay cloth to cover the yolks (this will soak up some of the mix and ensure that any eggs at the surface are the same colour as those underneath.
04. Cure in the mix for 8 hours – or overnight.
05. Carefully remove the yolks, dry and serve.
07. Pat dry and serve. – They should be firm on the outside but still slightly runny in the middle.



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## 06. Nuoc Nam [Sauce] GF

*[Classic Vietnamese dressing]*

2	Garlic cloves finely chopped
3	Red Chillies finely chopped
150ml	Veggie fish sauce
100ml	White vinegar (Distilled)
140g	White sugar
200ml	Water

01. Combine all ingredients together in a bowl and stir. Wait for the sugar to dissolve before serving.



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## 31. Vietnamese Banh Cam [Dessert]

(Sweet sesame balls) makes 50 small (GF) (DF)

160	White rice flour
60g	Tapioca flour
50g	Sugar
7.5g	Psyllium husk powder
4g	Baking powder
3.5g	Half sachet of yeast
40ml	Sesame oil
125ml	Soya milk
125ml	Water
50g	Sesame seeds (for coating)
A little of good quality yellow food colouring	

01. Mix together all dry ingredients in a plastic bowl. Mix all liquids and oils separately and add to the flour mix until a smooth batter is formed. Add the food colouring and a pinch of salt.
02. It will be thin but don't panic. The psyllium husk powder will absorb the excess liquid as it proves.
03. Set aside for an hour or until the dough is puffy and able to be picked up and be moulded into a ball. Weigh into 20g pieces and shape into balls. Roll them in sesame seed and leave to prove for an hour.
04. Deep fry on 180c for 3-4 minutes ensuring the whole ball is cooked through. Drain and serve warm.



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**Vietnamese Banh Cam**