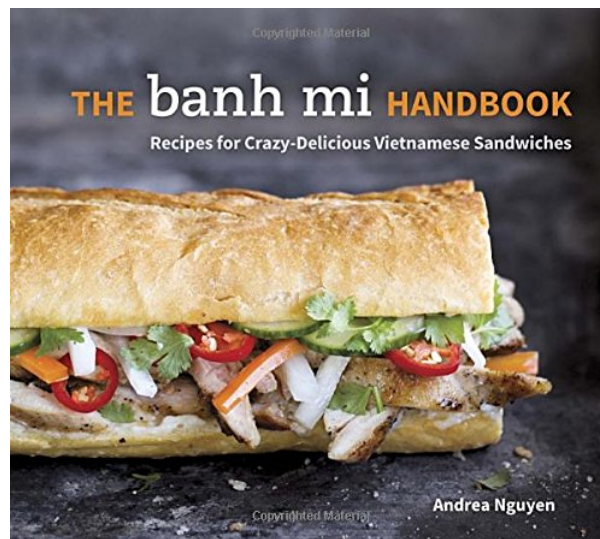
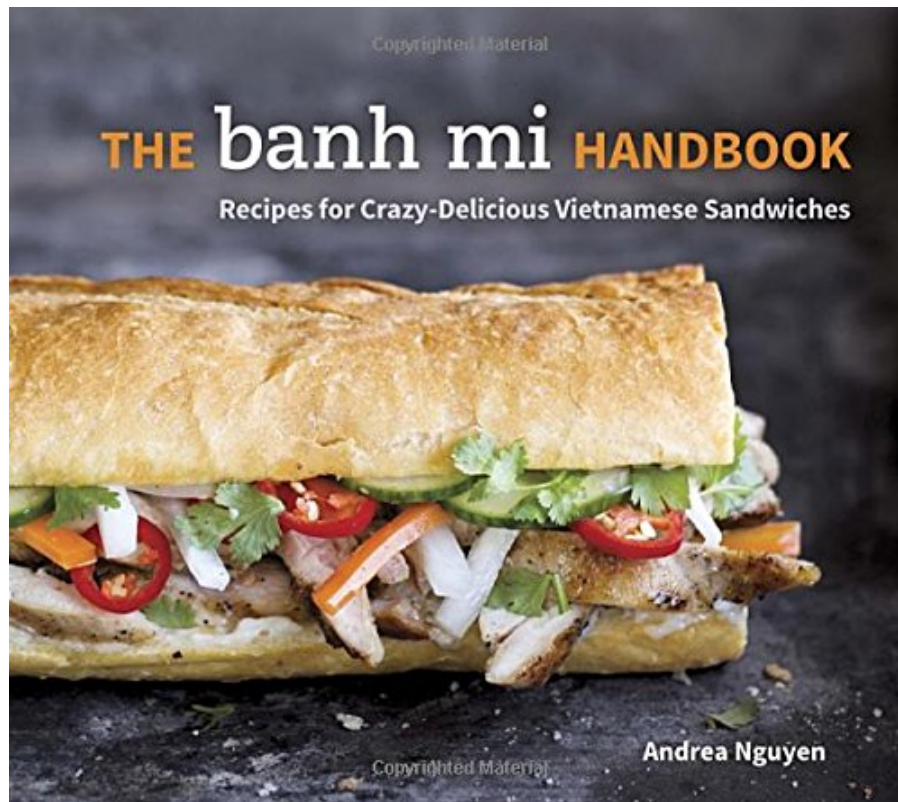


# THE BANH MI HANDBOOK: RECIPES FOR CRAZY-DELICIOUS VIETNAMESE SANDWICHES BY ANDREA NGUYEN



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## Review

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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.

- Sales Rank: #38833 in Books
- Brand: Nguyen, Andrea Quynhgio/ Green, Paige (PHT)
- Published on: 2014-07-08
- Released on: 2014-07-08
- Original language: English
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Outstanding

By Thomas Behrendt

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 bahn 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!

29 of 30 people found the following review helpful.

banh mi handbook delivers the yum!

By Amazon Customer

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 pâté 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.

16 of 18 people found the following review helpful.

Ultimate Guide to Banh Mi

By Aaron J.

Sandwiches are my favorite things to eat. I love all kinds of sandwiches. When I came across this little gem, *The Banh Mi Handbook: Recipes for Crazy-Delicious Vietnamese Sandwiches*,

I just had to have it. I had no idea what banh mi was, however, the attractive design and the delicious appearing cover art immediately piqued my interest.

Banh mi is a “twist on the French snack of pate and bread”, created more than 100 years ago by Vietnamese street vendors. Banh mi sandwiches have their own kind of spreads and sauces, and can be created using a variety of meats or vegetables.

I love how this book provides much more than just recipes. It provides the story of these sandwiches along the way. The recipes are clearly written, though a little intimidating to the beginner, and beautifully photographed.

Andrea Nguyen, the books author, clearly lays out each sandwich component. The recipes start with the bread, how to make it at home, or what to look for at the store. Then it proceeds to the “spreads”. Nguyen goes into great detail to describe and explain how to make the one-of-a-kind sauces that banh mi is known for. Then she gets to the heart of the sandwich with individual sections devoted to cold cuts, chicken, seafood, pork and beef, and vegetarian.

This beautiful volume is a must have for any sandwich connoisseur. This book is complete in all things banh mi.

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