

The background of the cover is a close-up photograph of a person's hands. One hand holds a light-colored ceramic bowl filled with a clear broth, thin white rice noodles, a whole tomato, and some green herbs. The other hand uses wooden chopsticks to lift a single, long strand of the rice noodle, which is dripping with broth. The lighting is warm and focused on the food.

TASTING VIETNAM

FLAVORS AND MEMORIES
FROM MY
GRANDMOTHER'S KITCHEN

ANNE-SOLENNE HATTE,
FROM THE RECIPE
COLLECTIONS OF BÀ NGOẠI

RIZZOLI
NEW YORK

Gỏi cuốn thịt



7 ounces (200 g) dried rice vermicelli noodles
Salt
7 ounces (200 g) beef tenderloin or sirloin
½ cup (100 g) sunflower oil
4 teaspoons (20 g) nuoc mam (fish sauce)
3 cloves garlic (10 g)
2 scallions (30 g)
2 to 3 shallots (50 g)
Fresh cilantro
Garlic chives
Lettuce leaves
1 cucumber
½ stalk lemongrass (25 g)
12 (7-inch/18-cm-diameter) rice and tapioca starch wrappers
Spring Roll Dipping Sauce (page 211)

Preparation time: 20 minutes
Cooking time: 40 minutes
Resting time: 20 minutes



TIPS

- You can add crushed peanuts to the summer rolls.
- You can add chile or tia to (Vietnamese perilla) to the dipping sauce.

FOR THE NOODLES

— Fill a large saucepan with 4¼ cups (1 liter) cold water. Add the noodles and a pinch of salt, and bring to a boil over medium heat. Cook for 5 to 10 minutes. Turn off the heat, cover, and let stand for 5 minutes. Drain, rinse in cold water, and set aside.

FOR THE MEAT

— Rub the meat with ½ teaspoon (3 g) salt. Heat 2 tablespoons (20 g) of the sunflower oil in a skillet over high heat and sear the meat for 1 minute on each side. Deglaze the pan with 1½ teaspoons (8 g) of the nuoc mam and remove from the heat. Rest the meat for 20 minutes. In the meantime, peel and crush the garlic with a mortar and pestle. When the meat has rested and cooled, cut it into very thin slices, or even strips, or chop into small pieces, then add the garlic and the remaining 2½ teaspoons (12 g) nuoc mam. Mix well and set aside.

FOR THE SCALLIONS AND SHALLOTS

— Thinly slice the scallions. Peel and thinly slice the shallots. Put 3 tablespoons (40 g) of the remaining sunflower oil into a saucepan over medium heat and add the scallions. Cook for 5 minutes, remove from the heat, and set the scallions aside in a bowl. Add another 3 tablespoons (40 g) sunflower oil into the pan and add the shallots. Cook until lightly colored, then drain and set aside. They will continue to cook. Reserve the cooking oil for browning the meat.

FOR THE REST OF THE FILLING

— Wash the herbs and lettuce leaves. Remove the hard ribs from the lettuce and cut the cucumber into three even lengths, and then into thin sticks. Set everything aside. Thinly slice the lemongrass. Heat 2 teaspoons (10 g) of the shallot cooking oil in a skillet and sear the lemongrass for 1 minute. Add the meat and cook for 1 minute, stirring briskly. Remove from the heat.

ASSEMBLY

— Dip each rice paper wrapper into hot water for a few seconds, drain, and lay on a flat plate. Position one lettuce leaf centered at the bottom of the sheet and add about 1 tablespoon (10 to 15 g) rice noodles. Add a few cucumber sticks, followed by the meat, cilantro, lemongrass, and fried shallots. Top with 1 tablespoon scallions and fold one side of the rice paper wrapper over everything. Then add one garlic chive leaf and roll up tightly •. Accompany with the spring roll dipping sauce ••.