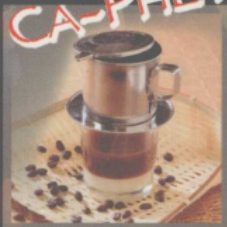


勞淑玲 (Michelle Lo) 編著  
萬里機構 飲食天地出版社出版

Street Food in VIETNAM

# 越南特色小吃

CA-PHE PHIN



BUN CHA



THIT-CUON

360° 全方位飲食之旅，吃盡越南街頭巷尾的特色小吃，  
與你一齊走、一齊看，尋根究底探索鮮為人知的飲食文化……

Let you taste the delicious food and snacks up at all street corners  
and everywhere. You are not only for how or where to eat, but also  
acquire more about food culture in Vietnam. Let's go toward the  
fantastic place of Vietnam and enjoy all the Vietnam food.



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The background of the cover is a watercolor illustration. The upper portion features a map of Vietnam in a light, muted green color, set against a pale, yellowish-green wash. The lower portion is dominated by a vibrant, textured watercolor pattern in shades of red, orange, and brown, which appears to represent a bowl of food, possibly a salad or a dish with many small, round ingredients. The overall style is artistic and hand-painted.

**Street Food in**

勞淑玲 (Michelle Lo) 編著 萬里機構 · 飲食天地出版社出版

**越南特色小吃**  
**VIETNAM**







# 勞淑玲

精通越南菜。出生於越南的她，自小就愛吃及懂得吃，因而培養了對食物的靈敏味覺及烹調興趣。每當她憶起幼時在越南曾吃過的食物及菜式，印象非常深刻，就是為了那份留在腦海的滋味及感情，使她不厭其煩地把它們的製作方法鑽研出來。加上，她多年來投身於飲食業，累積了不少經驗，現在她毫不保留地把心得編寫成食譜，盡量將越南菜的精髓與同好者分享。

因工作關係，我與她需要不時走在一起品嚐及研究菜式，漸漸把工作的需要變成是一種樂趣，在彼此交流烹調心得的過程中，從她的身上得益不少，希望大家也和我一樣，從這本書體驗到越南美味。

MICHELLE LO is an expert of Vietnamese cuisine. She was born in Vietnam. Her sensation of eating and interest in cookery were aroused since childhood. The Vietnamese foodstuff she had tried during the old days still impresses her. To keep the fond memory of sensation and flavour, she is never tired of studying food preparation. With accumulated experience in food industry, she is dedicated to writing this cook book, sharing her culinary art with the readers.

Because of work connection, we tried out and studied recipes together at times. The need for job melts into a hobby. In our sharing process, I can learn a lot from her. I hope you can also experience the relish of Vietnamese cuisine from her heartfelt effort.

Annie Wong



河塘鮮食，五穀為主；中部由於是多朝行政樞紐或舊皇朝首都，有湄公河貫穿，材料以海鮮和豬肉為主；南部由於是湄公河的三角地，也以海鮮、椰子、咖喱香料和新鮮香草為主，各顯特色，各具風味。總括而言，越南菜是一種多元飲食文化的異國菜系。

我第一本食譜書面世了，多謝媽媽（烹飪上的啟蒙老師）和多位中、西烹飪老師的教誨，我的家人、曾協助參予製作此書的工作人員、攝影師（Johnny）、一群支持我出書的學生和客人，以及萬里機構出版有限公司的協助，得以順利出版，謹此致謝。

**Cam On!** (Vietnamese) Merci! (French) gan-en (Chinese) Thank God! ... Flames of war licked up uncountable families in the Vietnam War. Fortunately, my whole family could escape from the battlefield. It was hard to say goodbye to our homeland, though. We are still grateful for the mercy on our survival.

Despite the disastrous warfare, my adolescence was quite enjoyable. There was lots of forbidden area where no access was allowed. One time, it jumped out of my skin when we had a trip to a golden paddy field. I was stunned by the paradise-like landscape. We ran and played around. We picked and ate grown paddy-rice after we got tired and thirsty. The fresh rice juice was so tasteful that I can't forget its sweetness even nowadays.

Cookery is my lifetime hobby. Many professional chefs of Chinese and Western cuisine took me to be their apprentice since I had started to work. We set up a small business of selling Vietnamese noodles and homemade dishes when my husband and I arrived in Hong Kong. Despite its popularity, it was closed when we migrated to France. In 1996 we moved back, life was carefree that I enjoyed in providing catering services and teaching Vietnamese culinary art. I was encouraged by my clients and students when they expressed their appreciation. I hoped my little effort could promote the eating culture of Vietnam.

Vietnamese cuisine is a multicultural system combining various exotic recipes. The unique geographic and historical factors divide the eating culture of Vietnam in northern recipes (French style, simpler preparation with country feel, led by Hanoi), central recipes (Chinese style, extravagant and delicate, led by Hue) and southern recipes (South Asian style, vivid and gracefully restrained, led by Saigon, formerly Ho Chi Minh City). In North Vietnam, developed agriculture yields tons of freshwater seafood and crop such as rice, millet, wheat and beans. River Mekong runs through the central part of Vietnam, where was the hub of governmental administration and the capital of the previous dynasties. Seafood and pork from there are well known throughout the country. Thanks to the flourishing Mekong, South Vietnam located in its delta produces a great amount of famous seafood, coconut, curry ingredients and fresh herbs.

My debut cookbook—what can I say but a heartfelt thank you to my mom (who enlightened me on cookery), my culinary teachers, my family, all the staff who participated in its production, Johnny the photographer, my students and clients who support me to write this book. Finally, express my big thanks to Wan Li Book Co. for their help to make the publication possible.

Michelle Lo

# Cam On

(越南語) Merci (法語) Thank God 感恩……烽煙四起，無情戰火吞噬家園，讓許多人流

離失所，「老無所依，幼無所靠」。我雖然生於戰局混亂的越南，感謝上天對我們闔家的寵愛，

托福還能全身而退。離鄉別井之苦雖痛，不及生離死別之慘。揮淚別家園，尚幸家人仍能齊齊整整地樂業安居於世界角落，多謝上天的

恩寵。

回顧少年時在越南的日子，身處社會動盪的大時代，處處戎馬倥傯，家中尚幸能過得舒適寫意。由於局勢緊張，當時很多地方如邊境地  
域皆劃成禁地，不能擅進。有一回，有幸能到郊外暢遊，鳥語花香，田連阡陌，風景怡人，欣喜若狂，在金黃的稻田中奔馳穿梭，說不  
出快樂，累了渴了，隨手把結穗放入口中細嚼，吸取其汁液以解渴，那米水鮮甜香滑，美味可口，深深刻入我的腦海中，直至現在仍難  
忘那種味道。

自幼便愛烹飪，長大後曾先後跟隨多位專業廚師學習中、西烹調。初到香港，曾與丈夫設店售賣越南粉麵和家庭菜，頗受食客歡迎。及  
後，店舖因移民法國而結束至1996年才回流香港，轉而承接宴客到會或在家政中心教授越南菜，優遊自在，每當得到客人或學生們的  
讚賞、鼓勵和支持，十分雀躍。因為除了可以賺取一點生活費，也可藉機宣揚越南菜的飲食文化，略盡綿力。

按越南獨特地形和歷史因素影響下，越南菜的飲食文化可劃分為北部菜（法國風味，鄉土味濃，以河內為首）、中部菜（中國風味，奢華  
細緻，以順化為首）、南部菜（東南亞風味，熱鬧婉約，以胡志明市（前西貢）為首）等飲食特色。材料運用，北部由於從事務農為主，



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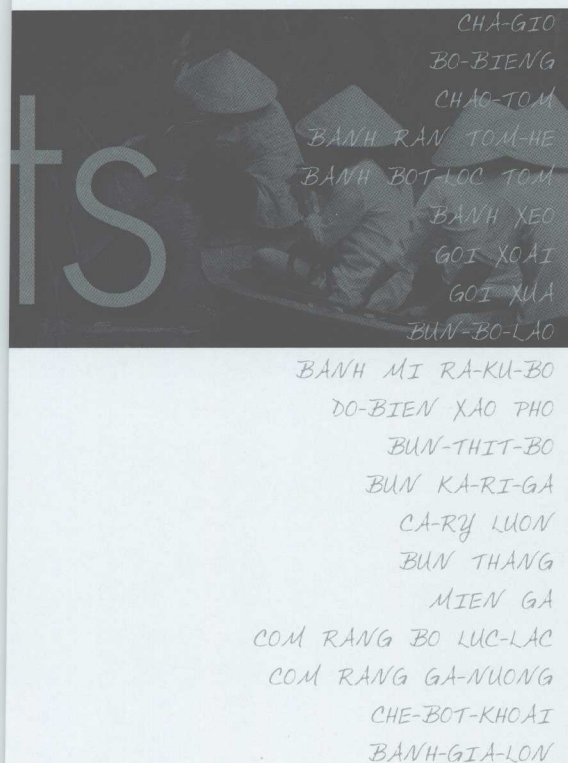
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書中的材料份量以杯為量度單位，

(1杯 = 1量杯 = 250毫升)。

粉狀材料，1杯的重量會因應不同質料（粉質）而重量不同。

In this cook book, "cup" is the basic unit of measurement.

(1 cup = 1 measurement cup = 250 ml)

As for starch ingredients, weight varies according to type and texture.



吃在北部街頭

# Northern Vietnamese Street Food





晨光輕撫繞山而闢的梯田，一串串黃金稻穗輕掛稻管，迎風搖曳；  
一聲聲的街頭叫賣在市集傳來，仿如叫人們停下腳步，  
偷閒歇息，吃一頓充滿鄉土味的早餐才開始一天的工作。

*Morning sunlight gently touches  
the terrace along the mountains.  
Golden paddy shoots wave in the  
breeze. Yelling of hawkers from  
market seems to tell people to  
hold their steps and take a rest  
— let's enjoy a country style  
breakfast before work!*





# 暢談美食在北部

## Northern Vietnamese Delicacies



越南北部接連中國雲南邊境，有紅河和湄公河貫穿境內，景色秀麗，處處鳥語花香，一幅幅沿山而開墾的梯田，種滿不同穀物，如稻米、黃豆、薯仔（馬鈴薯）或蔬菜等，所以北部的食材會採用稻米和五穀為主，米飯和粉麵類食物是此處的主糧，無論早餐、午餐和晚餐、在家、出外用餐或街頭食肆，均離不開麵食，越南可說是瘋狂愛吃粉麵的民族。

中國與越南的關係相當密切，早年曾被中國統治，加上與中國接境，亦是以農立國，故無論食物、生活習慣和民風也頗相似，特別是用筷子夾取食物的習慣有別於其他東南亞國家，儒佛思想，中國風水學也頗盛行。因此

Northern Vietnam connects to the boundary of Yuen Nan Province of China. Red River and Mekong running through the territory create magnificent splendor in nature. The terraces on mountain produce an assortment of crops including rice, soy bean, potato and greens. That's why rice and noodles are the main ingredients of the northern food. Wherever you go, you'll find that Vietnamese is a crazy-for-noodles people!

China and Vietnam had developed a very close relationship since ancient years. Living style and folkway are pretty similar, for example, use of chopsticks, Confucius tradition and Feng Shui. Eating habits are no exception. Vietnamese like eating puddings and noodles made of rice (lo mein, serve in/with soup, etc) and they must garnish with fresh greens (eat raw); their cooking methods are

當地食風與中國和法國相似，愛吃米做的糕點和粉麵（乾拌、濕吃、放湯或伴湯等），不過每一頓餐食均伴有新鮮蔬菜（不會灼煮，生吃）；烹調特色深受中國風和法國影響，用鑊炒菜和燜煮食物，也愛用香料或香

草，加上以種植稻米為主，故相較於中部和南部，蔬菜入饌是不多。鑑於當地屬內陸亞熱帶氣候，所以當地人愛用胡椒取代辣椒來增加辣味，除了用魚露為主要調味外，間中也會用醬油（中部和南部多不採納於菜式中）調味。此外，北部人愛吃牛肉（可能這裏用牛耕田，故有飼牛的措施和設備；另一說法是十三世紀，蒙古人（Mongolians）曾佔領北部，故受到他們的食風影響，著名菜式有牛七味 *Bo Bay Mon* 或 *Beef Seven Ways*）或河田鮮食（如鱔魚、田螺、田雞、蝸牛等）便是因為就地取材來烹調食物，形成獨特地方特色。所以北部的越南菜為中國風的鄉土菜，用料簡樸，味鮮清淡，吃後卻覺得味道豐富，食

immensely influenced by Chinese cuisine including wok-fry, stew and use of spices and herbs. Compare to the central and south part of Vietnam, they use less greens in recipes. Due to the inland subtropical climate, the local people like to add pepper instead of chili. Besides fish sauce as the main seasoning, they also marinate with soy on some occasions (central and southern Vietnamese rarely use). Beef is particularly popular possibly because they use oxen for farming or the northern part once was occupied by Mongolians. Famous dishes include *Bo Bay Mon* (Beef Seven Ways) or freshwater seafood such as eel, field snail, frog and snail. From northern Vietnamese food, you may find less abundant ingredients but fresh and light savour entwined in variant layers.

*Hanoi*, formerly *Thang Long*, is an important city in the north part. It is usually a good starting point for

味層次變化多端，往往令人意想不到卻又回味無窮。

北部重要城市為河內（*HANOI*，前名為昇龍（*Thang Long*）），大部份的背囊黨（自助旅行者）會從此地

出發遊覽越南。每當假日，晨光初現，沙壩上的少數民族會把自己的手工藝品拿到河內舊城的市集叫賣，在街道上會出現許多輕煙，陣陣的肉湯香味隨之飄來，街道兩旁擺滿木桌小板凳，食客們團坐一起，十分熱鬧。根據當地湯粉檔主解釋，湯底是用肉或魚做成，含有甘草（liquorice）、洋葱和肉桂等香料熬製而成，特別惹味。傳統粉檔熬製粉湯會用炭爐以極慢火熬湯，保持有微泡升起而不會大滾，防止湯底因大火把肉內蛋白質迫出，弄濁湯底成奶白色，不夠清澈，失卻越南湯粉的特色。除了有排檔販賣食物外，也有小販挑着兩個竹籬（稱為 *don ganh* 或 *yoke*，一個竹籬）或是騎單車販賣糕點小吃或切件水果。

backpackers. Crowded market is full of minorities' handicraft and the tempting smell of meat. It was said that the savoury broth for noodles are made from meat or fish with liquorices, onions, cinnamon, etc. To avoid squeeze out the protein of meat which makes broth creamy, traditional noodles stall chefs simmer clear broth over low heat with a charcoal broiler, keeping a small amount of foam floating on the surface without a rolling boil. Hawkers sell cakes, snacks and sliced fruits carrying a pair of yokes (*don ganh*) or by bicycle.

*Pho* is the soul of northern Vietnamese cuisine. The



談起北部美食為湯粉，此處的食物靈魂。湯粉





### FAMOUS FOOD:

**Banh Chung** (Sticky Rice Dumping) — a traditional food for ancestor worship. Wrap

green-tinted glutinous rice, pork and mung bean purée with a bamboo leaf and then cook in a pot until done. Serve with Vietnamese sausage (*Gio Lua*) and pickled shallot (*Hanh Muoi*).

**Gio Lua** (Vietnamese Sausage) — differently named throughout the country. Minced pork paste wrapped with banana leaves and tied up tightly. Cook in water. Its surface delivers the fragrance of banana leaf.

**Rare and cooked beef Pho** (Rice Noodles) in **soup** — a most popular favourite on breakfast table. Grind high grade fragrant rice (*Gao Te*) to form rice flour which is the main ingredient for making smooth but chewy *pho*. Boil beef shank in a

broth of *pho*, a must-have breakfast food, is boiled with meat or pig's bones / beef shank for a long time. The most representative recipe is rare and cooked beef rice noodles in soup (*Pho-Tai / Pho Bo*). Beef is thinly sliced and clear soup is full of rich meat favour. It is usually served with a basket of coriander, Chinese lettuce, mint, saw leaf herb, etc and seasoned with pepper, lime wedge and chili dice. Local snacks include steamed dim sum made from rice flour, beef or pork, glutinous rice roll and glutinous rice pudding wrapped in banana leaf. There is a country-style sticky rice dish steamed with peanut or mung bean kernels. They drink sugar cane juice, beer, green tea and coffee. The above is just a tip of iceberg. To enjoy real northern Vietnamese cuisine, go see for yourself!

(Pho) 是北部早餐必吃項目，它的特色是用肉或豬骨 / 牛骨熬製而成，著名的生熟牛肉湯河 (Pho-Tai / Pho Bo) 更是當地湯粉代表，湯底清澈，肉味濃郁，肉片薄切，伴以一籃芫荽、唐生菜、薄荷葉、鵝蒂等，而調味會用上胡椒、青檸角和辣椒粒等；蒸米漿類點心、牛肉或豬肉；也有用糯米粉卷，利用蕉葉捲上糯米飯的點心等；用花生或綠豆仁與糯米一併蒸熟的鄉村風味的特色飯。飲品方面則有鮮榨蔗汁、啤酒、綠茶和咖啡。以上所談，只是冰山一角，仍能重溫鄉村生活（因為當地生活仍處於簡樸、山區和傳統農村模式），享受田園生活和品嚐鮮甜沒有農藥的時令蔬食，不妨到越南北部走一趟。

### 著名的食物：

**鹹肉糰** (Banh Chung, Sticky Rice Dumping)，是越南家庭祭祖的食物，主要用竹葉包入糯米、豬肉和綠豆茸，而糯米會染上綠色，放鍋中煮熟，可與扎肉和醃蕎頭 (Gio Lua 和 Hanh Muoi) 伴吃。

**扎肉** (Gio Lua)，南北兩地均有出產，叫法各異。它是用蕉葉包着豬肉漿，扎實放水煮熟，特別在外層染有蕉葉香味。

**生熟牛肉河** (Pho-Noodles)，一般在早上享用，也有人愛在午餐或晚餐食用。它有特別香味，因為用上優質香米 (Gao Te) 磨漿而成的米粉，粉質軟滑煙韌，牛肉湯底由牛腿骨放大鍋中長時間熬製而成，再加入蔥片

big pot of water for a long time to make the broth. Add shallot flakes. Top with rare and cooked beef slices.

**Cha Ca** (Grilled Minced Fish) — more than a hundred year history. Any fish such as sturgeon or tuna can be used. Remove fish meat from bone. Soak fish bones in saffron water for a while to prepare for making broth. Marinate fish meat with salt for while before grill. Garnish with coriander, mint, dill, shallot and other seasonings.

**Banh Cuon** (Rice Flour Steamed Rolls) — grind rice with water. Steam until a thin and smooth sheet of rice flour forms. Roll up with meat or seafood. Serve with dip sauce to enhance the savour.

**Banh Tom** (Crispy Shrimp Pastry) — the most famous dish from the West Lake (*Ho Tay*) of Hanoi. Top with reddish shrimps and serve with spicy vegetables and sweet and sour sauce.

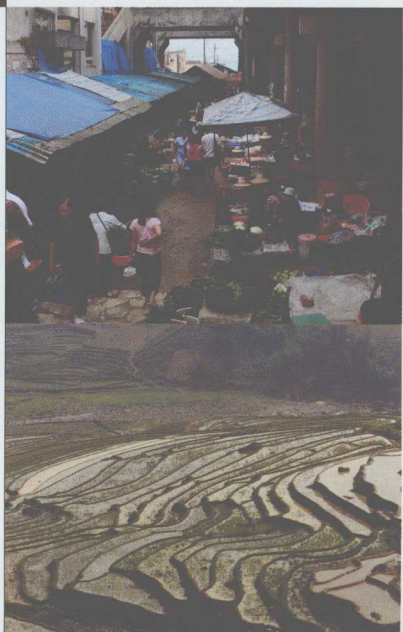


和精細的生牛肉和熟牛肉片而成。

**燒魚肉**（Cha Ca, Grilled Minced Fish）已有過百年歷史。任何魚類皆可，包括鱘魚和吞拿魚，後者脂肪低，有強烈香味和少骨，起肉後，把骨放入藏紅花（saffron）水片刻，可作熬湯底用；魚肉則放在鹽上醃片刻才上火燒烤。增加食味，可放上調味品如芫荽、薄荷、刁草、乾蔥和其他調味。

**粉卷/腸粉**（Banh Cuon, Rice Flour Steamed Rolls），把米磨漿隔水蒸成幼細滑嫩的粉片，可放入肉類或海鮮捲成卷形，配上醬汁，別有一番風味。

**炸蝦餅**（Banh Tom, Crispy Shrimp Pastry），越南境內常吃食物，但以河內的Ho Tay（West Lake）最著名。這款蝦餅上桌後應立即享用，面放紅蝦，伴以醃菜（SPICY VEGETABLES）和酸甜汁食用。





炭燒豬肉盤

Charbroiled Pork Platter

# BUN CHA

