

Phonetics for Vietnamese Recipe Titles in
Into the Vietnamese Kitchen: Treasured Foodways, Modern Flavors
by Andrea Nguyen
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Note to User: This listing is by chapter and in order of appearance in the book

1. Gifts to the Mouth

Starters and Snacks

Baked Shrimp Toasts - Bánh Mì Tôm Quết Nướng (Baan Mee Tohm Ku-eh-t Noong)
Grilled Lemongrass Beef Skewers - Thịt Bò Nướng Xả (Teet Baw Noong Sah)
Beef and Jicama Hand Rolls - Bò Bía (Baw Bee-ah)
Southern Salad Rolls – Gỏi Cuốn (Goy Koon)
Baguette Sandwich - Bánh Mì (Baan Mee)
Corn and Coconut Fritters - Chả Bắp Rán (Chah Bahp Raan)
Fried Shrimp Chips - Bánh Phồng Tôm (Baan Fong Tohm)
Fried Wontons – Hoàn Thánh Chiên (Hwan Taan Chee-en)
Savory Meat Pastries – Pa-te Sô/Pâtés Chaud (Pah-tay Shoh)
Stuffed Squid with Ginger Lime Dipping Sauce - Mực Nhồi (Mook Nyoï)
Stuffed Snails with Lemongrass and Ginger - Ốc Nhồi (Ohk Nyoï)
Deviled Crab - Cua Farci - Ku-ah Fahr-see

Special-Event Salads

Cucumber and Shrimp Salad - Gỏi Dưa Chuột (Goy Zu-ah Chu-ot)
Green Papaya Salad - Gỏi Đu Đủ (Goy Du Du)
Spicy Cabbage and Chicken Salad – Gỏi Bắp Cải Gà (Goy Bahp Kai Gah)
Banana Blossom Salad - Nộm Hoa Chuối (Nohm Hwah Chu-oy)
Silverfish Salad with Sesame Rice Cracker - Gỏi Cá (Goy Kah)

2. Essential Soups

Everyday Quick Soups

Napa Cabbage and Shrimp Soup - Canh Cải Kim Chi Nấu Tôm (Kaan Kai Kim Chi Noh Tohm)
Tomato Egg Drop Soup - Canh Cà Chua Trứng (Kaan Kah Chu-ah Troong)
Opo Squash Soup - Canh Bàu (Kaan Boh)
Chicken Dumpling and Chrysanthemum Leaf Soup - Canh Giò Nấu Cải Cúc (Kaan Zaw Noh Kai Kuk)
Gingery Mustard Greens and Tilapia Soup - Canh Cải Cá Rô (Kaan Kai Kah Roh)
Beef and Vietnamese Coriander Soup - Canh Thịt Bò Nấu Rau Răm (Kaan Teet Baw Noh Rau Rahm)
Salmon with Tomato, Dill, and Garlic Soup - Canh Riêu Cá (Kaan Ree-u Kah)
Sour Fish Soup with Tamarind, Pineapple, and Okra - Canh Chua Cá (Kaan Chu-ah Kah)

Creamy Rice Soups

Basic Rice Soup – Cháo (Chao)

Rice Soup with Beef and Ginger - Cháo Bò (Chao Baw)
Rice Soup with Chicken - Cháo Gà (Chao Gah)
Rice Soup with Fish, Ginger, and Onion - Cháo Cá (Chao Kah)
Rice Soup with Chicken, Seafood, and Mushrooms - Cháo Bồi (Chao Boy)

Special-Occasion Soups

Creamy Corn and Shiitake Mushroom Soup - Súp Bắp Nấm Hương (Sup Bahp Num Hoong)
Fresh Asparagus and Crab Soup - Súp Măng Tây Cua (Sup Mahng Tay Ku-ah)
White Tree Fungus in Clear Broth - Súp Bạch Mộc Nhĩ (Sup Bahk Mohk Nyee)

3. Precious Poultry and Everyday Eggs

Chicken, Quail and Duck

Garlicky Oven-Roasted Chicken - Gà Rô-Ti (Gah Roh-tee)
Grilled Chicken - Gà Nướng (Gah Noong)
Chicken and Ginger Simmered in Caramel Sauce - Gà Kho gừng (Gah Kaw Goong)
Chicken, Lemongrass, and Potato Curry - Cà-Ri Gà (Kah-ree Gah)
Poached Chicken with Lime Leaves - Gà Luộc Lá Chanh (Gah Lu-ook Lah Chanh)
Chicken Meatballs with Spicy Hoisin-Garlic Sauce - Nem Gà Nướng (Nehm Gah Noong)
Garlicky Fried Chicken with Sweet and Sour Sauce - Gà Chiên Xốt Chua Ngọt (Gah Chee-en Soht Chu-ah N-got)
Chicken Stir-fried with Fresh Oyster Mushrooms and Snow Peas - Gà Xào Nấm (Gah Sao Num)
Chicken Stir-fried with Lemongrass and Chile - Gà Xào Xả Ớt (Gah Sao Sah Uht)
Fragrant Crispy Quail - Chim Cút Rán (Cheem Koot Raan)
Honey Roasted Duck Legs - Đùi Vịt Quay Mật Ong (Du-ee Veet Quay Muht Ong)

Eggs

Pork and Mushroom Omelet - Chả Trứng Chiên (Chah Troong Chee-en)
Egg, Shrimp, and Scallion Pancakes - Trứng Chiên Tôm – (Troong Chee-en Tohm)
Fragrant Steamed Egg, Pork, and Cellophane Noodles - Trứng Mắm Hấp (Troong Mahm Hup)
Salted Preserved Eggs - Trứng Muối (Troong Mu-oy)

4. Bountiful Fish and Shellfish

Kho (simmered in caramel sauce)

Shrimp Simmered in Caramel Sauce - Tôm Kho (Tohm Kaw)
Catfish simmered in Caramel Sauce - Cá Kho Tộ (Kah Kaw Toh)
Salmon and Galangal Simmered in Caramel Sauce - Cá Kho Riêng (Kah Kaw Ree-eng)

Grilled

Grilled Trout Hand Rolls - Cá Nướng Trui (Kah Noong Tru-ee)
Grilled Shrimp and Squid - Tôm với Mực Nướng (Tohm voy Mook Noong)

Stir-Fried, Pan-Seared, and Wok-Seared

Shrimp in Spicy Tamarind Sauce - Tôm Rang Me (Tohm Rahng Meh)

Pan-seared Tuna Steaks with Gingery Dipping Sauce - Cá Thu Chiên (Kah Tu Chee-en) Wok-seared Shrimp with Garlic and Chile - Tôm Rang Tỏi ớt (Tohm Rahng Toy Uht)
Wok-seared Crab with Scallion, Garlic, and Pepper - Cua Rang Hành Tỏi Tiêu (Ku-ah Rahng Haan Toy Tee-u)

Fried

Crispy Catfish with Onions and Ginger - Cá Trê Chiên Hành Gừng (Kah Chay Chee-en Haan Goong)
Fried Smelts - Cá Tầm Bột Chiên Dòn (Kah Tum Boht Chee-en Zon)
Shrimp and Crab Rolls - Chả Giò (Chah Zaw)

Steamed

Classic Steamed Fish with Pork, Mushroom, and Noodles - Cá Hấp (Kah Hup)
Steamed Salmon with Garlic and Ginger - Cá Hấp Tỏi Gừng (Kah Hup Toy Goong)
Salmon Cakes with Dill and Garlic - Chả Cá Salmon (Chah Kah Salmon)

5. Classic Meats

Sauteed, Stir-Fried, and Pan-Seared

Caramelized Minced Pork - Thịt Heo Băm (Teet Heh-ao Bahm)
Minced Pork with Lemongrass and Shrimp Sauce - Thịt Heo Xào Mắm Ruốc (Teet Heh-ao Sao Mahm Ru-ook)
Pan-seared Tomatoes Stuffed with Pork - Cà Tô-mát Farci (Kah Toh-maht Fahr-see)
Cotton Pork - Thịt Ruốc Bông (Teet Ru-ook Bohng)
Pan-seared Beef Steaks - Thịt Bò Bít-Tết (Teet Baw Beet-teht)
Beef Stir-Fried with Cauliflower - Thịt Bò Xào Bông Cải (Teet Baw Sao Bohng Kai)
Beef Stir-fried with Chinese Celery - Thịt Bò Xào Cần Tàu (Teet Baw Sao Kuhn Tau)
Stir-fried Beef with Crispy Fried Potatoes - Thịt Bò Xào Khoai Tây Chiên (Teet Baw Sao Kwai Tay Chee-en)

Roasted and Grilled

Char Siu Pork - Thịt Xá Xíu (Teet Sah See-u)
Grilled Garlicky Five-spice Pork Steaks - Thịt Heo Nướng Ngũ Vị Hương (Teet Heh-ao Noong N-goo Vee Hoong)
Grilled Lemongrass Pork Riblets - Sườn Nướng Xả (Soong Noong Sah)

Kho (Simmered with Caramel Sauce)

Pork and Eggs Simmered in Coconut Juice and Caramel Sauce - Thịt Heo Kho Trứng (Teet Heh-ao Kaw Troong)
Pork Riblets Simmered in Caramel Sauce - Sườn Kho (Soong Kaw)
Beef Flank and Ginger Simmered in Caramel Sauce - Thịt Bò Kho Gừng (Teet Baw Kaw Goong)

Stews

Beef Stewed with Tomato, Star Anise, and Lemongrass - Bò Kho (Baw Kaw)
Mock Turtle Stew of Pork, Plaintain, and Fried Tofu - Thịt Heo Nấu Gia Ba Ba (Teet Heh-ao Noh Zah Bah Bah)

6. The Art of Charcuterie

Multipurpose Meat Paste - Giò (Zaw)
Classic Silky Sausage - Giò Lụa (Zaw Lu-ah)
Beef, Dill, and Peppercorn Sausage - Giò Bò (Zaw Baw)
Roasted Cinnamon Sausage - Chả Quế (Chah Quay)
Rich and Crisp Sausage - Chả Mỡ (Chah Muh)
Garlicky Viet Sandwich Meat - Thịt Bánh Mì Ô (Teet Baan Mee Oh)
Chicken Liver Pâté - Pa-Tê Gan Gà (Pah-tay Gaan Gah)
Headcheese - Giò Thủ (Zaw Tu)

7. Vegetables for All Seasons

Boiled, Simmered, Stir-Fried, and Deep-Fried

Basic Boiled Vegetable - Rau Luộc (Rau Lu-ook)
Winter Squash Simmered in Coconut Milk - Bí Đỏ Hầm Dừa (Bee Daw Hum Zu-ah)
Water Spinach Stir-Fry - Rau Muống Xào (Rau Moong Sao)
Water Spinach Stir-fried with Garlic - Rau Muống Xào Tỏi (Rau Moong Sao Toy)
Water Spinach Stir-fried with Shrimp Sauce and Lime - Rau Muống Xào Mắm Tôm (Rau Moong Sao Mahm Tohm)
Cabbage and Egg Stir-fry - Bắp Cải Xào Trứng (Bahp Kai Sao Troong)
Asparagus and Shiitake Mushroom Stir-fry - Măng Tây Xào Nấm Hương (Mahng Tay Sao Num Hoong)
Crispy Eggplant Slices - Cà Tím Rán (Kah Teem Raan)

Grilled

Grilled Corn with Scallion Oil - Bắp Nướng Mỡ Hành (Bahp Noong Muh Haan)
Grilled Eggplant with Seared Scallion - Cà Tím Nướng (Kah Teem Noong)

Western-Style Salad

Russian Beet, Potato, and Carrot Salad - Rau Củ Trộn/Salade Russe (Rau Ku Trohn)

Tofu

Pan-fried Stuffed Tofu with Fresh Tomato Sauce - Đậu Hũ Nhồi Thịt Sốt Cà (Doh Hu Nyoit Teet Soht Kah)
Deep-fried Tofu with Scallion - Đậu Hũ Chiên Tầm Hành Lá (Doh Hu Chee-en Tum Haan Lah)

Pickles

Everyday Daikon and Carrot Pickle - Đồ Chua (Doh Chu-ah)
Crunchy Pickled Bean Sprout Salad - Dưa Giá (Zu-ah Zah)
Tangy Mixed Vegetable Pickle - Dưa Góp (Zu-ah Gawp)
Pickled Shallots - Dưa Hành (Zu-ah Haan)
Sweet and Salty Preserved Radish - Củ Cải Dầm (Ku Kai Zum)
Garlicky Preserved Daikon and Carrot - Dưa Món (Zu-ah Mawn)

8. Noodles from Morning until Night

Noodle Soups

Chicken and Cellophane Noodle Soup - Miến Gà (Mee-en Gah)
Chicken Pho Noodle Soup - Phở Gà (Fuh Gah)
Beef Pho Noodle Soup - Phở Bò (Fuh Baw)
Spicy Hue Beef and Rice Noodle Soup - Bún Bò Huế (Boon Baw Hway)
Crab and Shrimp Rice Noodle Soup - Bún Riêu Cua (Boon Ree-u Ku-ah)
Hanoi Special Rice Noodle Soup - Bún Thang (Boon Tahng)
Noodle Soup Stock - Nước Dùng (Nook Zung)
Duck and Chinese Egg Noodle Soup - Mì Vịt Tiềm (Mee Veet Teem)
Wonton Noodle Soup - Mì Hoàn Thánh (Mee Hwan Taan)

Dry Noodle Dishes

Rice Noodle Bowl with Stir-Fried Beef - Bún Thịt Bò Xào (Boon Teet Baw Sao)
Turmeric Catfish with Rice Noodles, Scallion, and Dill - Chả Cá (Chah Kah)
Grilled Pork with Rice Noodles and Fresh Herbs - Bún Chả (Boon Chah)

Panfried and Stir-Fried Noodles

Panfried Egg Noodles with Chicken, Shrimp, and Vegetables - Mì Xào Dòn (Mee Sao Zon)
Panfried Rice Noodles with Beef and Vegetables - Phở Xào Dòn (Fuh Sao Zon)
Garlicky Noodles with Maggi and Butter - Nui Xào Maggi (Nu-ee Sao Mah-gee)
Rice Noodles with Chinese Chives, Shrimp and Pork - Bánh Phở Xào Hẹ (Baan Fuh Sao Heh)
Cellophane Noodles with Crab and Black Pepper - Miến Xào Cua (Mee-en Sao Ku-ah)

9. Indispensable Rice

Long-Grain Rice

Pressed Rice Logs - Cơm Nấm (Kuhm Nahm)
Chicken and Vegetable Clay Pot Rice - Cơm Gà (Kuhm Gah)
Mixed Rice - Cơm Trộn (Kuhm Trohn)

Sticky Rice

Sticky Rice with Roast Chicken and Scallion Oil - Xôi Gà (Soy Gah)
Sticky Rice with Hominy, Mung Bean, and Crispy Shallots - Xôi Bắp (Soy Bahp)
Sticky Rice and Chestnut Dressing - Nhân Gà Nhồi Hạt Dẻ (Nyun Gah Nyoi Haht Zeh)
Festive Orange-Red Sticky Rice - Xôi Gấc (Soy Guck)

10. The World of Bánh

Cakes and Dumplings

Sticky Rice Cakes - Bánh Dầy (Baan Zay)
Spinach Dumplings with Mung Bean and Shallot - Bánh Khúc (Baan Khuk)

Special Event

Tet Sticky Rice Cake - Bánh Chung (Baan Choong)

Buns

Vegetable and Pork Steamed Buns - Bánh Bao (Baan Bao)
Shortcut Plain Steamed Buns - Bánh Bao Chay (Baan Bao Chay)

Pancakes, Crepes, and Fritters

Rice Pancakes with Shrimp and Scallion Oil - Bánh Bèo Mặn (Baan Beh-ao Mahn)
Rice Crepe Rolls with Shrimp, Pork, and Mushroom - Bánh Cuốn (Baan Koon)
Shrimp and Sweet Potato Fritters - Bánh Tôm (Baan Tohm)
Sizzling Crepes - Bánh Xèo (Baan Seh-ao)
Delightful Crepes - Bánh Khoái (Baan Kwai)

11. Sweets and Palate Refreshers

Sorbets and Ice Cream

Coconut Sorbet - Kem Nước Cốt Dừa (Kehm Nook Koht Zu-ah)
Lemongrass Ice Cream - Kem Xả (Kehm Sah)
Mandarin Sorbet - Kem Trái Quít (Kehm Trai Queet)

Dessert Soups

Banana, Tapioca Pearl, and Coconut Sweet Soup - Chè Chuối (Cheh Chu-oy)
Lotus Seed and Longan Sweet Soup - Chè Hạt Sen Long Nhân (Cheh Haht Sen Long Nyaan)
Azuki Bean, Tapioca Noodle, and Coconut Sweet Soup - Chè Đậu Đỏ Bánh Lọt (Cheh Doh Daw Baan Lawt)

Cookies and Cakes

Almond Cookies - Bánh Hạnh Nhân (Baan Haan Nyun)
Currant Cookies - Bánh Bơ Nho (Baan Buh Nyaw)
Banana Cake - Bánh Chuối (Baan Chu-oy)
Cassava Coconut Cake - Bánh Khoai Mì (Baan Kwai Mee)

Sweetmeats

Candied Orange Peels - Mứt Vỏ Cam (Mook Vaw Kahm)
Candied Coconut Ribbons - Mứt Dừa (Mook Zu-ah)

Seaweed and Rice

Almond Jelly with Lychees, Jackfruit, and Strawberries - Thạch Hạnh Nhân (Tahk Haan Nyun)
Grilled Bananas with Coconut Sticky Rice - Chuối Nướng (Chu-oy Noong)

Special Event

Moon Cakes - Bánh Nướng (Baan Noong)

12. Basics

Sauces

Basic Dipping Sauce - Nước Chấm (Nook Chum)
Simple Dipping Sauce - Nước Mắm Ớt (Nook Mahm Uht)
Ginger-Lime Dipping Sauce - Nước Mắm Gừng (Nook Mahm Goong)
Tangy-Sweet Shrimp Sauce - Mắm Tôm Chấm (Mahm Tohm Chum)
Spicy Hoisin-Garlic Sauce – Truong (Toong)
Salt, Pepper, and Lime Dipping Sauce - Muối Tiêu Chanh (Mu-oy Tee-u Chaan)
Sweet-and-Sour Sauce - Nước Xốt Chua Ngọt (Nook Soht Chu-ah N-got)
Tamarind-Ginger Dipping Sauce - Nước Mắm Me (Nook Mahm Meh)
Coconut Dessert Sauce - Nước Cốt Dừa Ngọt (Nook Koht Zu-ah N-got)

Garnishes and Pantry Staples

Vegetable Garnish Plate - Đĩa Rau Sống (Dee-ah Rau Sohng)
Crispy Caramelized Shallot - Hành Phi (Haan Fee)
Scallion Oil Garnish - Mỡ Hành (Muh Haan)
Mellow Chile Garlic Mix - Ớt Tỏi (Uht Toy)
Caramel Sauce - Nước Mâu (Nook Mau)
Chicken Stock - Nước Dùng Gà (Nook Zung Gah)
Coconut Milk - Nước Cốt Dừa (Nook Koht Zu-ah)
Egg Sheets - Trứng Tráng (Troong Chahng)
Tamarind Liquid - Nước Me (Nook Meh)
Beef Stir-Fry Marinade - Gia Vị Ướp Thịt Bò Xào (Zah Vee Oop Teet Baw Sao)
Toasted Sesame Rice Crackers - Bánh Đa (Baan Dah)
Ground Toasted Rice – Thính (Tin)
Ground Steamed Mung Bean - Đậu Xanh (Doh Saan)