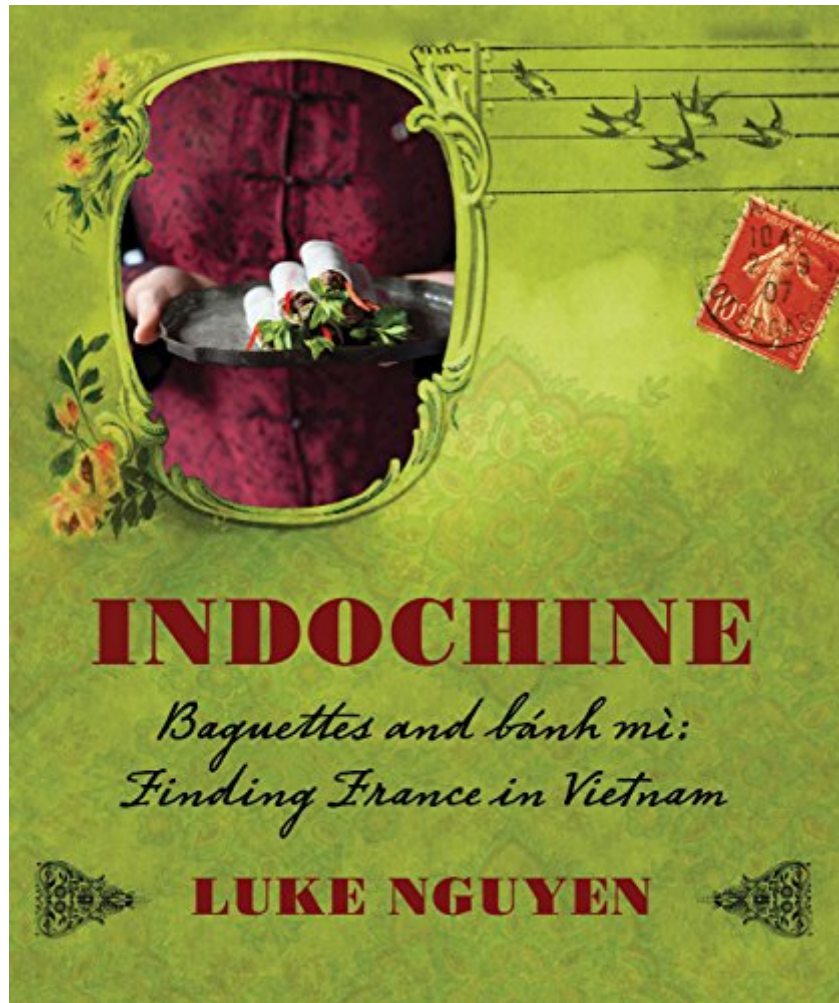


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Indochine: Baguettes And Banh Mi, Finding France In Vietnam



Synopsis

The French colonisation of Vietnam, which lasted for nearly one hundred years, had a profound influence on Vietnamese lifestyle, architecture and cuisine. Chef and author Luke Nguyen once again revisits his beloved Vietnam to delve deeper into the culinary legacy left by the French. Against a backdrop of grand colonial hotels, Luke talks to chefs, bakers, farmers and family members to explore the impact the French had on what the Vietnamese eat and cook today. More than 100 recipes showcase the fusion of French and Vietnamese ingredients and techniques, interwoven with the heart-warming and personal stories Luke uncovers on his journey.

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Customer Reviews

You might be forgiven for assuming that traditional food in Vietnam would be a variant of the typical Asian fare that you might know of and love. You might not, however, have realised that there is a very definite French connection! In what looks like a hybrid between a richly-decorated travel book and a picture-rich cookery book, the author takes the reader to Vietnam to discover just how much of an influence French cuisine has in the country. For the avoidance of doubt this is not a faux-innovative fusion type of book, looking at combining the traditional food cultures of two

disparate nations, but a gastronomic, historic, cultural, present-day consideration of something that not many people possibly know. The author noted during many visits to the country that the deeper you look into things, one realises just how integrated French culture overall is in Vietnam. Whether it is the stereotypical wearing of French-speaking people wearing berets or the rich aromas of coffee and butter from caf  s and patisseries, French-ness is not a stranger or cultural imposition. A natural cuisine fusion has occurred and not many people thought anything of it! As part of the author's own 'cultural journey' he spoke to people from all classes of society: chefs, bakers, high society and ordinary people alike and through this has gathered a tremendous cache of recipes and over 100 of these are presented as part of this culinary travelogue. The recipes are stated with their original Vietnamese name and are accompanied by a free English translation to assist those whose grasp of Vietnamese is not entirely up to scratch.

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