



外国のテーブルでは

FROM A DINING TABLE ACROSS THE SEAS



ベトナムの揚げ春巻き

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(ベトナム)



昔は大きなお皿に料理を載せ、家族みんなが周りに座って食事をしました。今はテーブルで食べますが、やはり同じように、一つのお皿に盛ったおかずをみんなで取り、お箸やスプーンで食べます。

朝はフォーなどの麺類が主ですが、ハノイではフォー (pho)、フェではブン (bun)、ホーチミンではフーティウ (hu tieu) と言い、フォーとブンは米粉ですがフーティウはそれに雑穀が加わります。

主な献立は白いご飯と煮魚 (ムックマムと砂糖の味付け)、豚肉、牛肉の料理、野菜炒めやスープなどです。
“シンマイ (Xin moi, どうぞ)” と言って食べ始めます。

揚げ春巻き

●材料 (3人分)

- ・挽肉 200g
- ・玉ねぎ 1個
- ・ニンジン 1本
- ・きくらげ 100g
- ・わけぎ 5～6本
- ・春雨 100g
- ・卵 2個 (黄身だけ)
- ・ライスペーパー
- ・黒胡椒、塩、ニクマム



●作り方

- ① 春雨ときくらげは水に戻して細かく切る。
- ② 玉ねぎとニンジンはみじん切りに、分葱も細かく切る。
- ③ ①と②を混ぜて卵もいれ10分ぐらい置いておく。
- ④ ライスペーパーを濡らし、③を包む
- ⑤ 100℃くらいの油に入れ、150℃くらいの油で5分ぐらい揚げる。
*ライスペーパーが破れやすいので注意する
- ⑥ たれを作る。
(ニクマム70%、水30%にガーリックと赤トウガラシのみじん切り、砂糖とレモン汁を小さじ1杯)

*味はホーチミンは甘め、ハノイは中くらい、フェが一番辛いです。

VIETNAMESE DEEP-FRIED EGG ROLLS (SPRING ROLLS)

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In the past, the Vietnamese families sit round on the floor to have their meals with dishes served on a large platter. Although many are now eating at the table, the way of serving foods haven't changed-- everyone gets food from one large serving plate filled with dishes, and they eat using chopsticks or spoons.

The Vietnamese prefer to have noodles such as pho for breakfast. It is said that *pho* is popularly eaten for breakfast in Hanoi, *bun* in Hué and *hu tieu* in Ho Chi Minh. *Pho* and *bun* are made from rice flour while *hu tieu* is a mixture of rice flour and cereals.

The popularly served menus are plain white rice and boiled fish seasoned with salted fish sauce and sugar, pork, beef, sautéed vegetables, soup and others.

Before eating people say “Xin moi” which means “Enjoy your meal”.

DEEP-FRIED EGG ROLLS (AGE-HARUMAKI)

●Ingredients (Serves 3 persons)

- Minced meat 200g
- Onion 1 pc.
- Carrot 1 pc.
- Wood ear mushrooms 100g
- Green onions 5～6 pcs.
- Rice vermicelli (or *harusame*) 100g
- Egg yolks 2 pcs.
- Egg roll wrappers (rice paper)
- Black pepper, salt, fish sauce (*nuoc mam*)



●Preparations:

- (1) Soak rice vermicelli and wood ear mushrooms in the water; strain and cut thinly.
- (2) Finely chop onions and carrots. Cut green onions into fine pieces.
- (3) Mix ① and ② together with the egg yolks, then leave for about 10 minutes.
- (4) Moisten the egg roll wrappers, put the ③ fillings; then, fold and roll up the wrapper.
- (5) Fry in 100℃ cooking oil. It will be done in about 5 minutes at the temperature of about 150℃.
*Egg roll wrappers are easy to tear, so please be careful.
- (6) Make dipping sauce. (Mix minced garlic and chili pepper, 1 tsp. each of sugar and lemon juice in 70% fish sauce to 30% water.)

The taste of dipping sauce differs in some areas--- it tastes sweet in Ho Chi Minh, medium hot in Hanoi and the hottest one is in Hué.