



Traditional Local Foods of Vietnam

Cultural Background
Overview
Food Composition
Recipe



Centre for Agrarian Systems Research and
Development



Culinary Heritage Across Asia

Profiles of Selected Vietnam Traditional Foods

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Traditional Local Foods of Vietnam

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Vietnam

Centre for Agrarian Systems
Research and Development

Traditional
Local Foods of
Vietnam

01

Cultural
Background



Geographical
characteristics



Climatic
characteristics

1-1. Geographical characteristics

Vietnam is a country located in Southeast Asia, on the Indochina Peninsula, stretching from latitude 8°30' to 23°23' North and longitude 102°08' to 109°27' East.

To the north, Vietnam shares a border of approximately 1,449 km with China. To the west, it borders Laos and Cambodia, while to the east and south, it is adjacent to the East Sea, boasting a coastline of over 3,260 km.

This geographical position provides Vietnam with favorable conditions for maritime trade and economic development. It has also been influenced by major regional cultures, particularly Chinese culture and the maritime culture of Southeast Asia. These influences have shaped Vietnamese customs, traditions, and cuisine, creating a unique blend of wet rice agriculture, seafood-based dishes, and a lifestyle closely tied to rivers and the sea.

1-2. Climatic characteristics

Vietnam has a tropical monsoon climate, but it varies significantly by region due to geographical location and topography. The average annual temperature ranges from 22 to 27°C, but the climate differences between the north, central, and southern regions are quite distinct, directly influencing the Culinary traditions of each area.

Regional Climate Differences

Northern Vietnam experiences four distinct seasons: spring, summer, autumn, and winter. Summer (May to August) is hot and humid, with temperatures exceeding 35°C and frequent heavy rains. Winter (November to February) is cold and dry due to the northeast monsoon, with temperatures dropping below 5°C in mountainous areas such as Sa Pa and Hà Giang.

Central Vietnam has a complex climate influenced by both northern and southern weather patterns. The northern part of Central Vietnam has a cold winter similar to the north, while the southern part has a more moderate climate. Coastal areas such as Huế, Đà Nẵng, and Quảng Nam are frequently affected by typhoons and heavy rainfall between September and November. Meanwhile, the Central Highlands have a mild highland climate with a rainy season from May to October and a dry season from November to April.

Southern Vietnam has a typical tropical climate with two main seasons: the rainy season and the dry season. The rainy season lasts from May to November, bringing heavy but short-lived downpours. The dry season, from December to April, is hot, with average temperatures ranging from 25 to 35°C, sometimes reaching up to 38°C at the peak of the dry season.

Due to these climatic differences, Vietnamese cuisine also varies significantly across regions. Northern cuisine, influenced by the colder climate, tends to favor light and subtle flavors. Central Vietnamese food, shaped by the region's harsher weather, is often bold, spicy, and intensely flavored. Meanwhile, Southern cuisine, influenced by its warm and humid climate, leans towards sweeter, fresher dishes and incorporates a wide variety of ingredients from rivers and water sources.



Topographical characteristics

1-3. Topographical characteristics

Vietnam is located on the eastern edge of the Indochinese Peninsula, with a land area of approximately 331,212 km² and a coastline stretching over 3,260 km. The country's terrain is diverse and complex, consisting of mountains, plains, plateaus, and coastal areas.

About 75% of Vietnam's territory is covered by hills and mountains, primarily concentrated in the north and along the Trường Sơn (Annamite) range in the central region. The northern region features many high mountain ranges, including the Hoàng Liên Sơn Range, home to Fansipan—the highest peak in Vietnam at 3,147.3 meters. The mountainous areas in the north are characterized by rugged terrain with deep valleys and plateaus, experiencing a subtropical climate.

The Trường Sơn Range runs along the country's length, dividing central Vietnam into mountainous areas and narrow coastal plains. The Central Highlands (Tây Nguyên), located on the southern part of the Trường Sơn Range, features vast plateaus with elevations ranging from 500 to 1,500 meters. This region is well-suited for cultivating industrial crops such as coffee, rubber, and pepper.

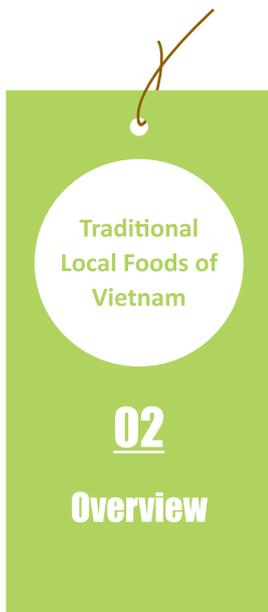
Vietnam's plains cover approximately 25% of the total land area, with two major lowland regions:

The Red River Delta: Located in the north, this fertile area is shaped by sediment deposits from the Red River and its tributaries, serving as an important agricultural and economic hub.

The Mekong Delta: Located in the south, this region is larger than the Red River Delta and features a dense network of rivers and canals. It is Vietnam's most significant rice-producing and aquaculture region.

With an extensive coastline, Vietnam is home to numerous bays, beaches, islands, and archipelagos, including the Hoàng Sa (Paracel), Trường Sa (Spratly), Cát Bà, and Phú Quốc islands. The coastal areas are rich in marine ecosystems, lagoons, and mangrove forests, providing favorable conditions for seafood farming and tourism.

The geographical diversity of Vietnam, with its contrasting landscapes of mountains, plains, and coastal areas, has shaped a distinctive culinary culture across regions. Each area utilizes its natural resources to create unique dishes, from fresh seafood in coastal regions to wild vegetables and game meats in mountainous areas, and rich rice-based and freshwater cuisine in the deltas. This geographical influence has contributed to the richness and diversity of Vietnamese cuisine.



Traditional Food & Local Food

2-1. Definition of ‘Traditional Food’

Traditional food refers to foods, dishes, and culinary practices that have been passed down through generations or have been consumed over many generations. Traditional foods and dishes have a traditional nature and may have historical precedents in a nation’s representative cuisine (national banquet), regional cuisine, or local cuisine.

Further Explanation

Passed down through generations: This emphasizes that these foods have been cooked and enjoyed over a long period, often through multiple family lineages.

Traditional nature: This means that these foods are closely tied to the customs, practices, and history of a specific community or region.

Historical precedents: This suggests that these foods may originate from historical events, festivals, or ancient culinary traditions.

National banquet: These are formal meals or feasts hosted by governments or national leaders to entertain international guests or celebrate important events.

Regional/local cuisine: These are dishes that are specific to a particular geographical area, reflecting the unique ingredients, cooking techniques, and flavors of that area.

2-2. Selection and Exploration of Local Food

From 2017 to 2020, the National Institute of Nutrition conducted a significant project to collect and research information on the signature dishes of two major Vietnamese cities: Hanoi and Hai Phong. This project was carried out with the aim of preserving and promoting the value of traditional culinary culture, while providing a scientific database for developing appropriate nutritional recommendations for urban residents. With the support of nutrition experts, culinary researchers, and the enthusiastic participation of the local community, the National Institute of Nutrition successfully recorded and restored many traditional recipes, contributing to the enrichment of Vietnam’s culinary heritage.

The selection of 10 traditional Vietnamese dishes was based on their cultural representativeness, popularity, and regional diversity. Each dish was carefully chosen to reflect the distinct culinary traditions of different parts of Vietnam—from the North, Central, and South regions—while also showcasing the harmony between historical roots and modern-day adaptation. These dishes are not only widely consumed but also deeply connected to the daily lives, festivals, and cultural identity of the Vietnamese people.

Furthermore, the selected foods were evaluated for their nutritional relevance, availability of ingredients, and practicality for standardization and analysis within the AFACI-FAO traditional food framework. The combination of these ten dishes provides a comprehensive overview of Vietnam’s culinary heritage, demonstrating the richness, balance, and creativity of traditional Vietnamese cuisine.



Methodology

2-3. Methodology

Content Analysis

Research materials include research reports, journals, books, local publications, leaflets, online resources, and booklets published by cities, provinces, and national nutrition management agencies.

Survey

Questionnaires gathering information on daily foods, memorable foods, and recommended foods were distributed to local culinary experts, the general public, and members of food-related research organizations and centers in Vietnam, as well as professional chef associations.





Phở

Local name: Phở

Traditional
Local Foods of
Vietnam

03

Food Composition
and Recipe



PHỞ
HÀ NỘI



Phở

Food ingredients

Beef, bone marrow 1-2 kg, **beef meat** 500 g **brisket, flank, rare with thinly sliced,** **onions** 2 bulbs, **ginger** 1 bulb, **spices** star anise, cinnamon, cardamom, cloves, **coriander seeds, rice noodles** 1 kg

Minor ingredients

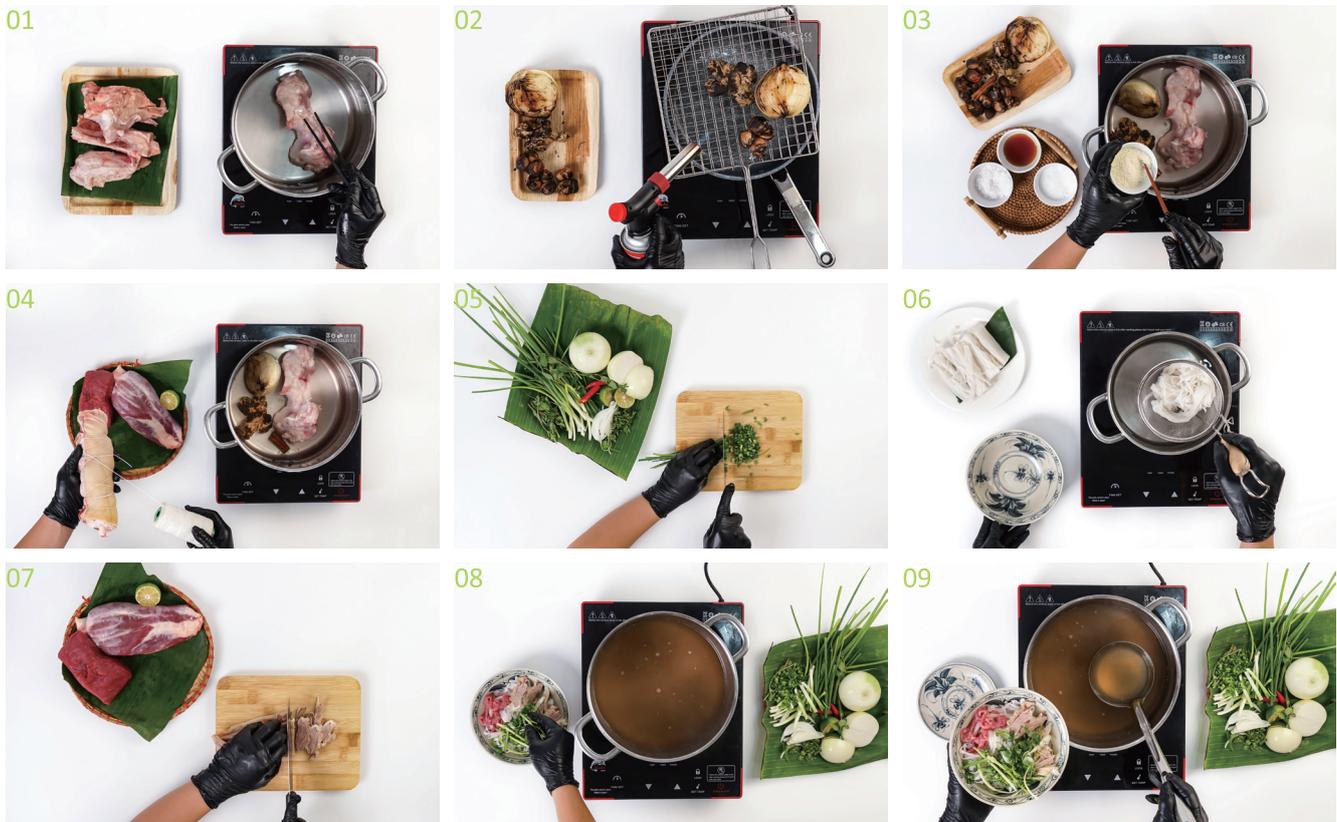
Green onions 3-4 stalks, **chopped, cilantro** 1 small bunch, **chopped,** **bean sprouts** 100 g, **lime** 1-2 fruits, **cut into wedges, chili peppers** 1-2 peppers, **sliced or chili sauce, salt** 1-2 tsp, **sugar** 1 tsp, **fish sauce** 1-2 tsp

Directions



Cooking

01. Prepare the ingredients: wash the beef bones, blanch in boiling water, wash the beef meat, char the onions and ginger, toast the spices.
02. Make the broth: place the beef bones in a pot, add water to cover, add the onions, ginger, and spices, bring to a boil, then simmer for 2-3 hours, skim off any foam during simmering, when the meat is cooked, remove the meat and soak it in cold water so that the meat is not dark.
03. Prepare the beef: boil the brisket and flank, slice thinly, slice the rare beef thinly, dip in hot broth before eating.
04. Prepare the rice noodles: blanch the rice noodles in boiling water until soft.



Additional Information



Hanoi Phở is the birthplace of Phở, bearing the historical and cultural imprints of the capital.

Sources of information

- National Institute of Nutrition. (2015). Vietnamese Food Composition Table. Medical Publishing House.
- National Institute of Nutrition. (2020). Nutritional Values of Selected Street Foods and Fast Foods in Hanoi. Medical Publishing House.
- National Institute of Nutrition. (2020). Nutritional Values of Selected Street Foods and Fast Foods in Hai Phong. Medical Publishing House.
- Thịnh, N. Đ. (Thinh, N. D.). (n.d.). Khám phá ẩm thực truyền thống Việt Nam (Exploring Traditional Vietnamese Cuisine)

Reason for Selection



In the 1930s, Phở began to gain popularity in Hanoi. Street vendors with Phở carts roamed the streets, serving hot bowls of Phở to the people.





Bánh Mỳ

Local name: **Bánh Mỳ**





Bánh Mỳ

Food ingredients

Pate prepared 500 g, **vietnamese baguette** 1 loaf, **shredded dried pork** 50 g, **red hanoi's sausage** 2-3 pcs or to taste

Minor ingredients

Cucumber 1, **thinly sliced**, **coriander** 1 bunch, **fresh chili** 1-2, **sliced optional**, **mayonnaise** 2 tsp or to taste, **chili sauce** 1 tsp or to taste, **butter** 1 tsp optional, **salt and pepper mix** to taste

Directions



Prepare the Bread

01. Slice the baguette lengthwise, spread butter on the inside of the baguette (optional).

Assemble the Sandwich

01. Spread a generous layer of pate on one side of the baguette.
02. Add slices of red Hanoi's sausage.
03. Sprinkle shredded dried pork evenly over the pate.
04. Arrange cucumber slices and coriander leaves.
05. Add sliced fresh chili, if desired.
06. Drizzle chili sauce over the ingredients.
07. Sprinkle with salt and pepper mix to taste (add if needed).



Additional Information



Hanoi's **Bánh Mỳ** stands out with its rich, flavorful pate, often featuring a distinctive layer of fat, and unique red Hanoi's sausage. The crispy crust and moderately dense interior, combined with traditional ingredients, create a refined and distinct taste, setting it apart from other regions.

Sources of information

- National Institute of Nutrition. (2015). Vietnamese Food Composition Table. Medical Publishing House.
- National Institute of Nutrition. (2020). Nutritional Values of Selected Street Foods and Fast Foods in Hanoi. Medical Publishing House.
- National Institute of Nutrition. (2020). Nutritional Values of Selected Street Foods and Fast Foods in Hai Phong. Medical Publishing House.
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Reason for Selection



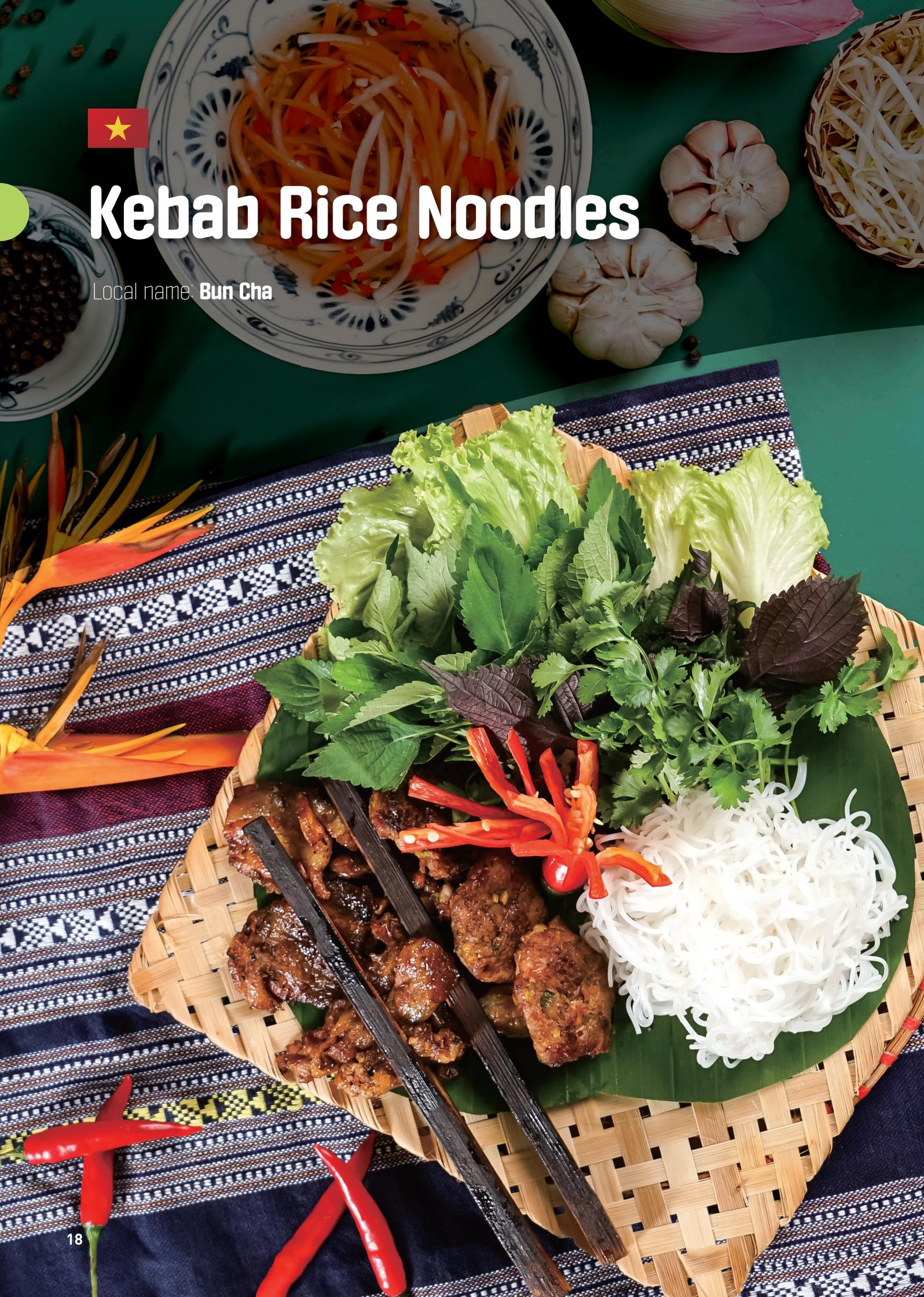
Bánh Mỳ originated during the French colonial period, when the baguette was introduced to Vietnam. The Vietnamese improved it by making the inside softer and adding more flavorful fillings. Today, Vietnamese **Bánh Mỳ** is voted by CNN as one of the best street foods in the world.





Kebab Rice Noodles

Local name: **Bun Cha**





Kebab Rice Noodles

Food ingredients

Pork belly 500 g, **pork shoulder** 300 g, **fresh rice noodles** 1 kg, **fish sauce** 100 mL

Minor ingredients

Shallots 3 pcs, **garlic** 5 cloves, **sugar** 50 g, **rice vinegar** 30 mL, **fresh chili** 2 pcs
fresh herbs lettuce, perilla, kinh gioi (elsholtzia ciliate), coriander,
green papaya or kohlrabi 1 pc (optional), **pepper**, **cooking oil**, **salt**, **seasoning powder**

Directions



Cooking

01. Prepare the meat: Slice the pork belly into bite-sized pcs, mince the pork shoulder. Marinate the meat with minced shallots, garlic, fish sauce, sugar, pepper, cooking oil, seasoning powder. Marinate the pork belly for about 1 hour, the minced pork for about 30 minutes.
02. Grill the pork: Grill the pork belly over charcoal or in an oven until golden brown. Form the minced pork into balls, grill until cooked.
03. Prepare the dipping sauce: Mix fish sauce, sugar, vinegar, minced garlic, chili. Add pickled green papaya or kohlrabi (if available).
04. Assemble: Place rice noodles in a bowl, arrange the grilled pork, fresh herbs. Pour the dipping sauce over.



Additional Information



Hanoi's Bun Cha (Kebab Rice Noodles) is distinguished by its fragrant grilled pork, meticulously marinated and charcoal-grilled to create a signature flavor, paired with a harmonious sweet and sour dipping sauce, delicately balanced with pickled papaya or kohlrabi, and the refined combination of fresh rice noodles, grilled pork, fresh herbs, and dipping sauce, resulting in an appealing dish with the rich flavors of Hanoi.

Sources of information

- National Institute of Nutrition. (2015). Vietnamese Food Composition Table. Medical Publishing House.
- National Institute of Nutrition. (2020). Nutritional Values of Selected Street Foods and Fast Foods in Hanoi. Medical Publishing House.
- National Institute of Nutrition. (2020). Nutritional Values of Selected Street Foods and Fast Foods in Hai Phong. Medical Publishing House.
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Vietnamese Spicy Beef Noodle Soup in Hue Style-Hue Food

Local name: **Bun Bo Hue**





Vietnamese Spicy Beef Noodle Soup in Hue Style-Hue Food

Food ingredients

Beef bones 1.5 kg, beef shank 1 kg, pork trotters 1 kg, fresh rice noodles 1 kg, pork blood 300 g, pork meatballs 200 g

Minor ingredients

Onions 2 bulbs, ginger 1 large pc, lemongrass 5 stalks, shallots 3 bulbs, garlic 5 cloves, fresh chili 3 pcs, green onions 1 bunch, hue shrimp paste 50 g, fish sauce 50 mL, seasoning powder 2 tsp, rock sugar 30 g, msg 1 tsp, cooking oil 3 tsp, annatto oil 1 tsp, sate chili oil 1 tsp, fresh herbs shredded water spinach, shredded banana blossom, bean sprouts

Directions



Cooking

01. Prepare ingredients: Roast onions, ginger. Soak and clean beef bones, pork trotters, beef shank. Blanch bones, trotters, shank.
02. Simmer bones: Simmer beef bones with roasted onions, ginger, lemongrass, salt, rock sugar.
03. Boil shank: Boil beef shank with onions, ginger, lemongrass, salt, rock sugar.
04. Boil trotters: Boil pork trotters with shallots, onions, salt, rock sugar.
05. Prepare other ingredients: Boil pork blood, Prepare fresh herbs, Grind lemongrass, mince shallots, garlic, chili, Vietnamese coriander, Cook shrimp paste.
06. Sauté lemongrass chili: Sauté shallots, garlic, lemongrass, add annatto oil, sauté chili oil.
07. Finish broth: Combine bone broth, trotter broth, add sautéed lemongrass chili, season.
08. Assemble: Place noodles, shank, trotters, meatballs, blood, pour broth, serve with herbs.



Additional Information



Hue's Bun Bo is distinguished by its rich, spicy broth with the characteristic aroma of fermented shrimp paste, combined with thick, chewy rice noodles, tenderly braised beef and pork trotters, and a diverse array of fresh herbs, creating a flavorful and authentically Hue dish.

Sources of information

- National Institute of Nutrition. (2015). Vietnamese Food Composition Table. Medical Publishing House.
- National Institute of Nutrition. (2020). Nutritional Values of Selected Street Foods and Fast Foods in Hanoi. Medical Publishing House.
- National Institute of Nutrition. (2020). Nutritional Values of Selected Street Foods and Fast Foods in Hai Phong. Medical Publishing House.
- Thịnh, N. Đ. (Thinh, N. D.). (n.d.). Khám phá ẩm thực truyền thống Việt Nam (Exploring Traditional Vietnamese Cuisine)

Reason for Selection



Bun Bo Hue is distinguished by its rich broth, characteristic spicy flavor of fermented shrimp paste, the refined combination of thick, chewy noodles with tender braised beef and pork trotters, and fresh herbs, creating a unique and unforgettable culinary experience. It's one of the most famous dishes from the Hue region, and has been adopted by many localities.





Sai Gon Vietnamese Broken Rice with Grilled Pork Chop

Local name: **Com Tam**



Directions



Cooking

01. Grilled pork chop : Marinate for at least 3 hours, grill until cooked.
02. Egg meatloaf : Mix ingredients, steam, grill briefly.
03. Shredded pork skin : Mix pork skin with braised meat, roasted rice powder.
04. Pickled vegetables : Soak radish and carrots in vinegar sugar mixture.
05. Fish sauce : Mix sweet and sour fish sauce.
06. Assemble : Arrange rice, pork chop, meatloaf, pork skin, pickled vegetables, herbs, egg, pour fish sauce.



Additional Information



Com Tam Sai Gon is characterized by its soft, porous broken rice, combined with diverse side dishes like grilled pork ribs, shredded pork skin, and egg meatloaf, creating a rich meal. The rich, harmonious flavor from sweet and sour fish sauce, scallion oil, and crispy pork cracklings reflects the unique street food culture, widely loved.

Sources of information

- National Institute of Nutrition. (2015). Vietnamese Food Composition Table. Medical Publishing House.
- National Institute of Nutrition. (2020). Nutritional Values of Selected Street Foods and Fast Foods in Hanoi. Medical Publishing House.
- National Institute of Nutrition. (2020). Nutritional Values of Selected Street Foods and Fast Foods in Hai Phong. Medical Publishing House.
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Reason for Selection



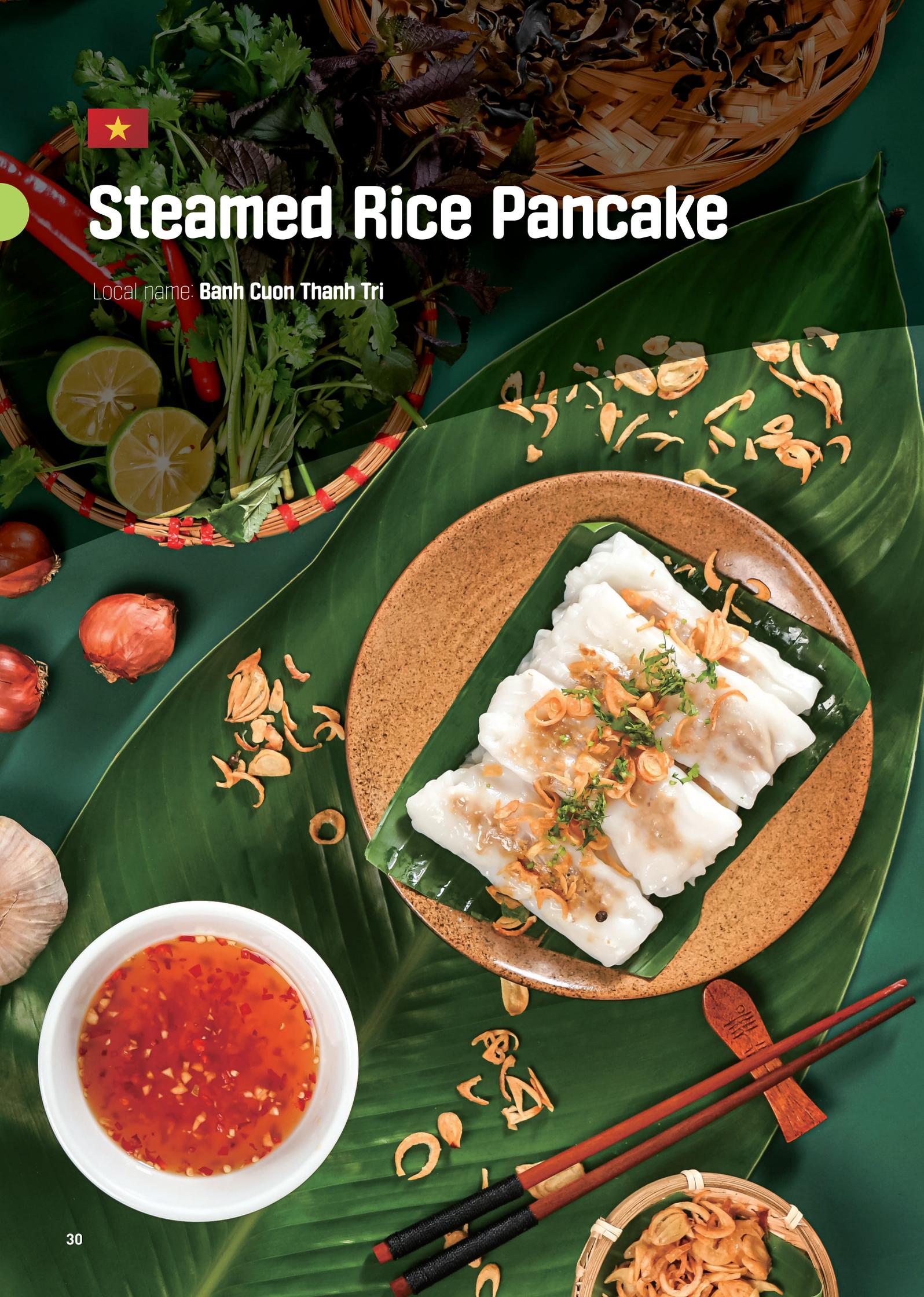
Com Tam Sai Gon (Sai Gon Vietnamese broken rice with grilled pork chop) is a unique culinary icon, distinguished by its characteristic porous broken rice, combined with a variety of side dishes like fragrant grilled pork ribs, crispy shredded pork skin, rich egg meatloaf, and appealing sunny-side-up eggs. The rich flavor of sweet and sour fish sauce, with a touch of fatty scallion oil and crispy pork cracklings, creates an irresistible appeal. Com Tam Saigon is not only a popular dish but also a distinctive culinary culture, loved from street vendors to luxury restaurants.





Steamed Rice Pancake

Local name: **Banh Cuon Thanh Tri**





Steamed Rice Pancake

Food ingredients

Ordinary rice 1 kg, clean water 1.5 L, salt 1 tsp, ground pork 300 g
wood ear mushroom 10 g

Minor ingredients

Shallots 5 bulbs, cooking oil 3 tsp,
ca cuong essence giant water bug essence optional 1 drop

Directions



Cooking

01. Soak the rice: soak the rice in clean water for 2-3 hours, rinse the rice several times until the water is clear.
02. Grind the rice: grind the soaked rice into a smooth batter, gradually add clean water to the batter, stirring until it reaches a smooth consistency.
03. Settle the batter: let the rice batter settle for about 30 minutes, pour off the clear water on top.
04. Steam the rice rolls: add more water and salt to the settled batter, stir well, boil water in a pot, stretch a thin cloth over the pot, pour a sufficient amount of batter onto the cloth, spread evenly, cover the pot, steam the rolls for about 1 minute until they are translucent, use a thin bamboo stick to roll up the rolls.
05. Make the filling (if any): sauté shallots until fragrant, add ground pork and cook until done, season to taste.
06. Assemble: arrange the rice rolls on a plate, add meat filling (if any), fried shallots, add 1 drop of ca cuong essence (optional) to the dipping sauce.

01



02



03



04



05



06



07



08



09



Additional Information



Banh cuon Thanh Tri stand out with their thin, translucent layers, boasting a unique flavor thanks to a family-secret rice flour blend. The most significant difference comes from the use of giant water bug essence, creating a signature, distinctive aroma that enhances the dish's appeal. Thanh Tri rice rolls are not only a delicious food but also a refined culinary cultural feature of Hanoi.

Sources of information

- National Institute of Nutrition. (2015). Vietnamese Food Composition Table. Medical Publishing House.
- National Institute of Nutrition. (2020). Nutritional Values of Selected Street Foods and Fast Foods in Hanoi. Medical Publishing House.
- National Institute of Nutrition. (2020). Nutritional Values of Selected Street Foods and Fast Foods in Hai Phong. Medical Publishing House.
- Thịnh, N. Đ. (Thinh, N. D.). (n.d.). Khám phá ẩm thực truyền thống Việt Nam (Exploring Traditional Vietnamese Cuisine)

Reason for Selection



Choose Banh cuon because of its diversity across many provinces and cities, it's an easy-to-eat food suitable for many tastes, and it also carries the strong cultural identity of Vietnam, showcasing the sophistication of traditional cuisine.





Stuffed Sticky Rice Cake

Local name: **Banh Chung**



Stuffed Sticky Rice Cake

Food ingredients

Sticky rice 4 kg, **mung beans** 1 kg, **pork belly or shoulder** 800 g,
dong leaves 2 bunches

Minor ingredients

Salt 2 tsp, **pepper** 1 tsp, **sugar** 1 tsp,
pandanus leaves or galangal leaves 1 bunch, **string** 50 pcs

Directions

01. Wrap the banh chung using a mold or by hand.
02. If wrapping with a mold, place 4 pcs of dong leaves into the mold, fold each leaf horizontally to create a straight line, place the dong leaves upright along this line, and arrange them in the 4 corners of the frame.
03. Put the sticky rice into the mold, spread it evenly to the 4 corners, and leave a slight indentation in the middle.
04. Put the mung beans in the middle, add a few pcs of meat, cover with more mung beans, then cover with rice and spread evenly.
05. Fold the dong leaves, use one hand to hold the folded edge, then lift the mold, and tie the string twice in a cross shape.
06. Do not tie the string too tightly, to avoid the cake from expanding and not looking good.
07. If wrapping by hand, arrange 4 pcs of dong leaves at right angles to each other, with the underside facing up, then place 2 more pcs of dong leaves also at right angles to each other, but this time the right side of the leaves is facing up.
08. Put the sticky rice in the middle, spread it evenly to the 4 corners, and leave a slight indentation in the middle.
09. Put the mung beans in the middle, add a few pcs of meat, cover with more mung beans, then cover with rice and spread evenly.
10. Fold the dong leaves, and tie the string twice in a cross shape.
11. Do not tie the string too tightly, to avoid the cake from expanding and not looking good.
12. Cook the banh chung in a pot of boiling water, the water must cover the entire cake.
13. Cook continuously for 10-12 hours, frequently adding boiling water to keep the cake submerged.
14. After cooking, remove the cake, soak it in cold water to harden the cake and keep the dong leaves green.
15. Shape the cake into a square, drain it, and then use a clean cloth to dry the cake.



Additional Information



Banh chung is associated with the legend of Lang Liêu from the Hung Kings era. When the king asked his sons to prepare offerings for the New Year, Lang Liêu created a square cake symbolizing the Earth. Touched by its meaning and simplicity, the king chose him as successor. Since then, Banh chung has become an essential traditional dish for Lunar new year.

Sources of information

- National Institute of Nutrition. (2015). Vietnamese Food Composition Table. Medical Publishing House.
- National Institute of Nutrition. (2020). Nutritional Values of Selected Street Foods and Fast Foods in Hanoi. Medical Publishing House.
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- Thịnh, N. Đ. (Thinh, N. D.). (n.d.). Khám phá ẩm thực truyền thống Việt Nam (Exploring Traditional Vietnamese Cuisine)

Reason for Selection



Banh chung is chosen because it is a traditional dish with a history of over 1000 years, indispensable during the Vietnamese Lunar New Year, symbolizing family reunion. The unique flavor of banh chung not only reflects cultural identity but also symbolizes deep gratitude towards ancestors and the land.





Spring Rolls

Local name: **Nem Ran**





Spring Rolls

Food ingredients

Ground pork 500 g, dried vermicelli noodles 30 g, wood ear mushrooms 10 pcs, shiitake mushrooms 10 pcs, eggs 3 pcs, rice paper wrappers about 20 sheets

Minor ingredients

Kohlrabi 1 bulb, carrot 1 pc, onion 1 pc, scallions a few stalks, cilantro a small bunch, seasonings salt, pepper, fish sauce

Directions



Cooking

01. Preparing ingredients: soak wood ear and shiitake mushrooms in hot water until they expand, then rinse and finely chop, soak vermicelli noodles in warm water until soft, then cut into 2-3 cm lengths, Peel and finely dice kohlrabi, carrot, and onion, rinse and finely chop scallions and cilantro.
02. Mixing the filling: In a large bowl, combine ground pork with mushrooms, vermicelli, kohlrabi, carrot, onion, scallions, and cilantro, crack the eggs into the mixture, add salt, pepper, and fish sauce to taste. Mix all ingredients thoroughly until well combined.
03. Wrapping the rolls: Lay a rice paper wrapper on a clean surface. Place an appropriate amount of filling near the edge, fold in the sides, and roll tightly to form a spring roll.
04. Frying the rolls: Heat oil in a deep frying pan. When the oil is hot, add the rolls and fry over medium heat until they are evenly golden brown. Remove and drain excess oil on paper towels.



Additional Information



Nem ran Hanoi have a crispy yet delicate crust with a soft, well-balanced filling, unlike Southern rolls that include taro or jicama. They are smaller, golden brown when fried, and served with a well-balanced dipping sauce with shredded kohlrabi and carrot. Compared to coastal rolls with seafood, Hanoi rolls maintain a traditional, refined flavor.

Sources of information

- National Institute of Nutrition. (2015). Vietnamese Food Composition Table. Medical Publishing House.
- National Institute of Nutrition. (2020). Nutritional Values of Selected Street Foods and Fast Foods in Hanoi. Medical Publishing House.
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Reason for Selection



Nem ran Hanoi are a traditional dish with a refined flavor, featuring a perfectly crispy crust and a rich yet light filling. Compared to other regions, Hanoi rolls achieve a perfect balance of meat, vegetables, and seasonings, creating an elegant taste. The sweet and tangy dipping sauce enhances their appeal, making them a must-have for special occasions and celebrations.





Vietnames Crab Noodle Soup

Local name: **Bun Rieu Cua**





Vietnames Crab Noodle Soup

Food ingredients

Freshwater crabs 1 kg, **fresh rice vermicelli** 1 kg, **pork belly** 300 g, **tofu** 5 blocks, **tomatoes** 5 pcs, **pork blood** 300 g, **dried shrimp** 50 g

Minor ingredients

Shallots 3 bulbs, **garlic** 1 bulb, **shrimp paste** 2 tsp, **rice vinegar** 3 tsp, **cooking oil**, **salt**, **sugar**, **seasoning**, **pepper**, **raw vegetables** lettuce, **perilla**, **kinh giới**, **shredded water spinach**

Directions



Cooking

01. Preparing ingredients: Freshwater crabs: clean, separate the shell, remove the crab fat. Grind the crab body, strain to extract the liquid. Pork belly: boil until cooked, slice into bite-sized pcs. Tofu: fry until golden, cut into pcs. Tomatoes: cut into wedges. Pork blood: boil until cooked, cut into pcs. Dried shrimp: soak until soft. Shallots, garlic: mince.
02. Cook the broth: Sauté shallots until fragrant, add crab fat and stir-fry. Add crab liquid to the pot, bring to a boil. When the crab cake floats, remove to a bowl. Sauté garlic until fragrant, add tomatoes and stir-fry, season to taste. Add sautéed tomatoes to the broth, add shrimp paste, rice vinegar, bring to a boil. Add pork belly, tofu, pork blood, dried shrimp to the pot, re-season to taste.
03. Assemble: Arrange rice vermicelli in a bowl, add crab cake, pork, tofu, pork blood, tomatoes on top. Ladle broth over, add raw vegetables.



Additional Information



Distinctive features of Hai Phong crab rice vermicelli: The broth has a light sour taste, rich flavor, characteristic of shrimp paste and rice vinegar. The crab cake is made from fresh freshwater crabs, with a natural sweet taste. Dried shrimp is added to enhance the rich flavor of the dish. Pork blood is added to make the dish more special.

Sources of information

- National Institute of Nutrition. (2015). Vietnamese Food Composition Table. Medical Publishing House.
- National Institute of Nutrition. (2020). Nutritional Values of Selected Street Foods and Fast Foods in Hanoi. Medical Publishing House.
- National Institute of Nutrition. (2020). Nutritional Values of Selected Street Foods and Fast Foods in Hai Phong. Medical Publishing House.
- Thịnh, N. Đ. (Thinh, N. D.). (n.d.). Khám phá ẩm thực truyền thống Việt Nam (Exploring Traditional Vietnamese Cuisine)

Reason for Selection



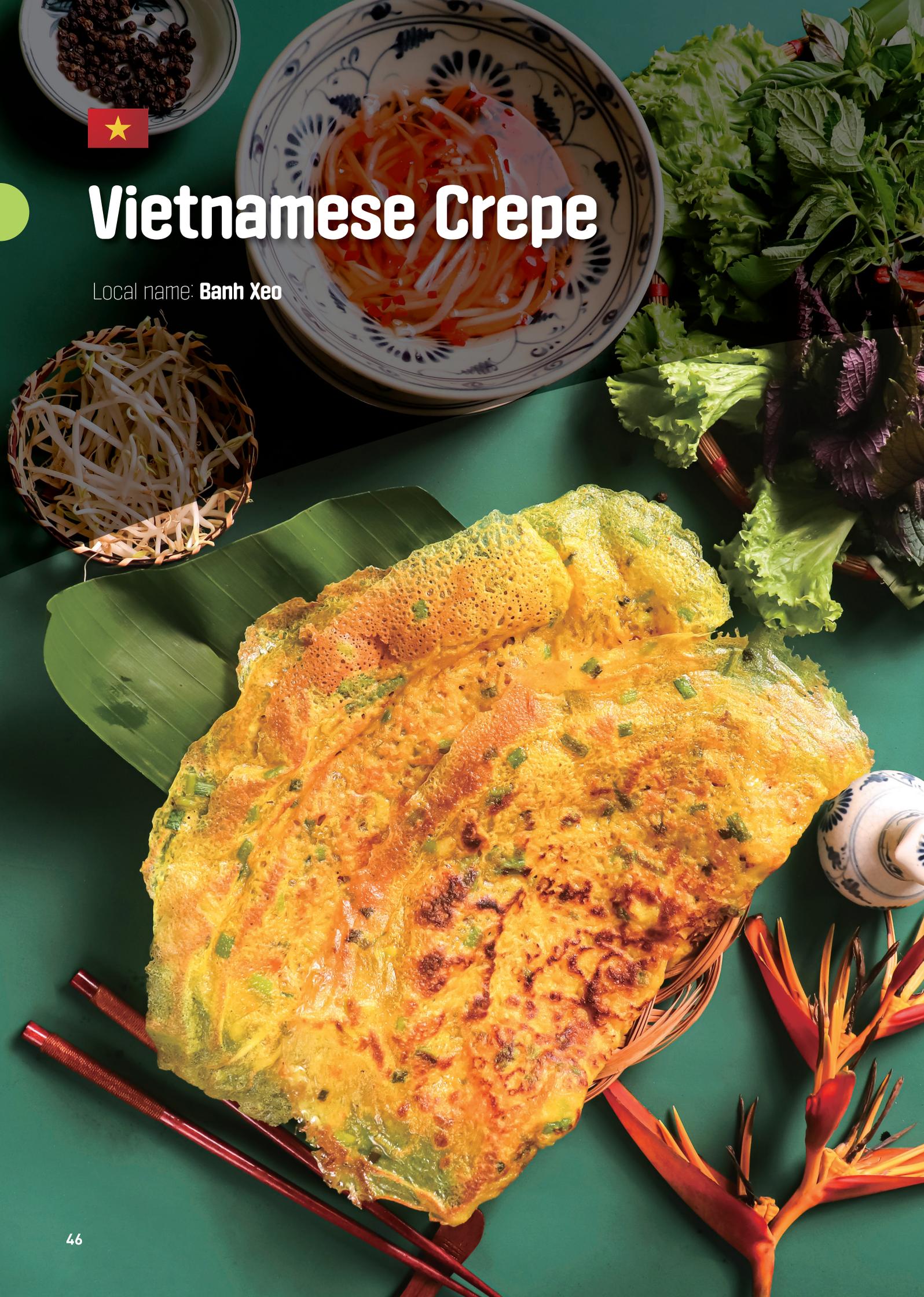
Bun rieu cua is favored for its rich, tangy flavor from crab cake, tomatoes, and shrimp paste, harmoniously combined with fresh ingredients like field crabs, tofu, beef, and raw vegetables, creating a rustic, nutritious dish that is popular and deeply rooted in Vietnamese culinary culture.





Vietnamese Crepe

Local name: **Banh Xeo**





Vietnamese Crepe

Food ingredients

Banh xeo flour 500 g, **pork belly** 200 g, **fresh shrimp** 200 g, **bean sprouts** 200 g, **split mung beans, peeled** 100 g

Minor ingredients

Turmeric powder 1 tsp, **coconut cream** 200 mL, **water or beer** 500 mL, **salt** 1/2 tsp, **scallions** 50 g, **onion** 1 pc, **seasoning salt**, **pepper**, **sugar**, **seasoning powder**, **accompaniments** lettuce, fish mint, herbs, mustard greens, young wild almond leaves, **dipping sauce** fish sauce, sugar, lemon, garlic, chili

Directions



Cooking

01. Prepare the batter: Mix the banh xeo flour, turmeric powder, salt, coconut cream, and water (or beer) in a large bowl. Stir until the batter is smooth and free of lumps. Add the chopped scallions to the batter and stir. Let the batter rest for about 30 minutes.
02. Prepare the filling: Parboil the pork belly and slice it thinly. Clean the shrimp and drain. Soak the peeled mung beans in water until soft, then steam until cooked. Slice the onion thinly. Sauté the pork belly and shrimp with the onion, season to taste.
03. Cooking: Heat a pan over medium heat, add cooking oil. Pour a ladle of batter into the pan, swirl to spread evenly. Add the pork, shrimp, mung beans, and bean sprouts to the center of the pancake. Cover the pan and cook until the pancake is golden brown and crispy. Fold the pancake in half and cook for a few more minutes until both sides are golden brown. Transfer the pancake to a plate lined with paper towels to absorb excess oil.
04. Prepare the dipping sauce: Mix fish sauce, sugar, lemon juice, garlic, and chili to taste.



Additional Information



Banh xeo mien tay stands out with its large size, crispy crust, diverse fillings from meat and shrimp to typical Mekong Delta vegetables. The rich flavor, combining sweet, savory, and fresh tastes with sweet and sour dipping sauce. Served with various raw vegetables and rice paper, it creates a unique culinary experience.

Sources of information

- National Institute of Nutrition. (2015). Vietnamese Food Composition Table. Medical Publishing House.
- National Institute of Nutrition. (2020). Nutritional Values of Selected Street Foods and Fast Foods in Hanoi. Medical Publishing House.
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Reason for Selection



Banh xeo is chosen for its unique flavor, harmoniously combining a crispy crust, rich filling, and fresh vegetables. The filling is diverse, ranging from meat, shrimp, and seafood to vegetables, catering to all preferences. A rustic, familiar dish, especially popular in the Mekong Delta, it carries the cultural values of Vietnamese cuisine.



Culinary Heritage Across Asia

Profiles of Selected Vietnam Traditional Foods

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Culinary Heritage Across Asia

Profiles of Selected Vietnam Traditional Foods

This booklet is the joint outcome that brings together expertise
and field experience of Vietnam.

This is the first systematic compilation of the characteristics, preparation methods,
and nutritional information of Vietnam traditional foods.



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