



VIETNAM

PHO



CLASS MENU

Beef Pho | Vietnamese Beef Noodle Soup

Burfi | Traditional Sweet

WELCOME TO THE CHEF & THE DISH

We can't wait to transport your kitchen to a different part of the world.

Enclosed is your shopping list and a collection of recipes.

Be sure to scan the shopping list for items that may be difficult to find and head out early to get them. Ask a grocery manager or order difficult to find items online.

Before your class begins:

- Organize your ingredients on your countertop,
- Organize pots and other equipment so they're within easy reach,
- Open Skype and wait for your private cooking class to begin

If you have any questions, don't hesitate to contact your Kitchen Assistant from The Chef & The Dish.

We hope you enjoy your kitchen to kitchen culinary experience.

~ *Transport your kitchen for the day* | The Chef & The Dish



CHEF UYEN

HO CHI MINH CITY | VIETNAM



Chef Uyen was born on Phu Quoc Island one of the most beautiful places in Vietnam where 80% of the fish sauce is made with local anchovies. The fish sauce refineries are considered to be the best in the world. Chef Uyen has always been inspired by her mom to cook. She left her native island to study at the Saigon Tourist Culinary School in Ho Chi Minh City.

She started her career working in a local restaurant specializing in Hue City Style cuisine where she learned the most ancient style of Vietnamese Cuisine. She was recruited to Hoa Tuc Restaurant, one of the top restaurants in Vietnam, where she further developed her skills. Hoa Tuc Restaurant redefined Vietnamese cuisine by injecting endless creativity while utilizing ingredients of the highest quality. They've been featured in publications including Elle Magazine, France & Luxembourg, Geo Magazine, Ethiad Airlines, Air France and Air Asia magazines and many more.

In 2017, Chef Uyen became a cooking instructor for Hoa Tuc which allowed her to share her passion and knowledge of Vietnamese Cuisine with travellers from all over the world and was able to gain knowledge of global cuisines and cultures. She's so excited to welcome you into her kitchen and help you dive into Vietnamese cuisine!



PHO | SHOPPING LIST

VIETNAM

SERVES 4



CLASS MENU

Beef Pho | Vietnamese Beef
Noodle Soup

Burfi | Traditional Sweet

INGREDIENTS

HAVE IT

PRODUCE

Fresh Ginger Root - ~ 4 inch piece



Shallots - 5 small or 2 large



White Onion - 1 small



Fresh Long Red Chilis - 2 (optional)



Lime - 1



Fresh Vietnamese Mint, 1 handful



Fresh Vietnamese Basil, 1 handful



Vietnamese Long Coriander (optional)



Bean Sprouts - a good handful



Spring Onion or Scallion - 1 bunch



Ripe Mango - 1 large or 2 small



MEATS & DELI

Beef Filet - 250 g/ 1/2 lbs (best cuts are
Sirloin Steak, Round Eye, or London Broil)



Beef Bone (see photo) - 1 kg (broken by
butcher if possible) - for stock making



INGREDIENTS

HAVE IT

PANTRY

Fish Sauce - 1 Tbsp



Sugar - ~ 1/2 cup



Unsweetened Dried Coconut (grated) - 160
grams / ~2 cups



Vietnamese Flat Rice Noodles - 1 pack (often
says "Pho Noodle" on the package)



Chili Sauce and Hoisin Sauce (optional) - to
taste



SPICES

Star Anise - 2 whole



Cloves - 2 whole



Cinnamon Sticks - 2



Black or Brown Cardamom Pods - 2 whole



Salt & Pepper - to taste



DAIRY

Whole Milk - ~1 cup



SUGGESTED PAIRING

We recommend a crisp Reisling to pair with
your meal.



PHO

EQUIPMENT LIST



As with a chef, it's important to have your workstation in order in advance of cooking. This means having your ingredients prepped and cooking equipment on your countertop ready to go.

If you don't have any of the equipment below, please contact your Kitchen Assistant with The Chef & The Dish so we can ensure you have the best results possible.



SMALL BAKING
SHEET



WOODEN SPOON



SHARP CHEF'S
KNIFE



LARGE POT



MEASURING
SPOONS



MIXING BOWLS



STRAINER



SMALL SKILLET/
FRYING PAN



LADLE



MEDIUM POT



SPATULA



CASSEROLE DISH



BLENDER



MEASURING CUP



ALUMINUM FOIL



CLOTH TEABAG
OR TEA BALL FOR
SPICES

Make sure to prep your ingredients and put the equipment in a convenient place and **please make sure there is room for a small baking sheet to fit in your freezer to prepare the Burfi.**

VIETNAM COOKING CLASS

RECOMMENDED BRANDS



Authentic ingredients will always lead to a more authentic product. We recommend you buy the highest quality cheeses, seafood and flavourings to ensure your meal is rich in traditional flavour.

Below are a few Vietnamese brands and ingredients we recommend.



Fresh Long Red Chilies



Vietnamese / Thai Basil



Daikon



Fish Sauce



Chili Garlic Sauce



Hoisin Sauce



Rice Noodles



Beef Bone
(broken down by the butcher if possible)



CONVERSIONS

IMPERIAL TO METRIC CONVERSIONS



WEIGHT

Ounces (oz)	Exact Metric Conversion (g)	Standard Metric Conversion (g)
1 oz	28.3 g	30 g
2 oz	56.7 g	55 g
3 oz	85.0 g	85 g
4 oz	113.4 g	125 g
5 oz	141.7 g	140 g
6 oz	170.1 g	170 g
7 oz	198.4 g	200 g
8 oz	226.8 g	250 g
16 oz (1 lb)	453.6 g	500 g
32 oz	907.2 g	1000 g (1kg)

As you start cooking dishes from around the world, you'll notice that the units of measurements can vary. We've put together this handy conversion chart of some of the common conversions you'll need.

Don't panic, if you still need help or are unclear of how much ingredients you'll need, your Kitchen Assistant is only an email away.

~ The Chef & The Dish

VOLUME

Conventional Measure	Exact Metric Conversion (mL)	Standard Metric Conversion (mL)
1/4 teaspoon	1.2 mL	1 mL
1/2 teaspoon	2.4 mL	2 mL
1 teaspoon	4.7 mL	5 mL
2 teaspoon	9.4 mL	10 mL
1 tablespoon	14.2 mL	15 mL
2 tablespoons	28.4 mL	30 mL
3 tablespoons	42.6 mL	45 mL
1/4 cup	56.8 mL	50 mL
1/3 cup	75.6 mL	75 mL
1/2 cup	113.7 mL	125 mL
2/3 cup	151.2 mL	150 mL
3/4 cup	170.5 mL	175 mL
1 cup	227.3 mL	250 mL
4 1/2 cups	1022.9 mL	1000 mL (1L)

OVEN TEMPERATURES

Fahrenheit (°F)	Celsius (°C)
175°	80°
200°	95°
225°	110°
250°	120°
275°	140°
300°	150°
325°	160°
350°	175°
375°	190°
400°	205°
425°	220°
450°	230°
475°	240°
500°	260°



WEIGHING YOUR INGREDIENTS

WEIGHT TO VOLUME CONVERSIONS



Many of our Chef's at **The Chef & The Dish** use weight measurements as their primary unit of measurement. It's standard in a lot of commercial kitchens around the world, especially where accurate and scalable measurements are needed.

You don't have to worry, the team at **The Chef & The Dish** has converted most of these weights into easy to measure volume measurements for you. However, as you further your culinary journey and start reading recipes and cooking dishes from around the world, you may want to buy a weight scale to translate some of the recipes for yourself. Weighing your ingredients remains the most accurate way to measure food.

We've attached a chart of some of the standard weight to volume conversions. This is only a guide, depending on the ingredients and how its packed, the volume can vary greatly.

We encourage everyone to keep thinking about food and cooking, and most importantly, keep exploring.

~ For the Love of Food | The Chef & The Dish

DRY INGREDIENTS

INGREDIENT	GRAMS	CUPS
All-Purpose Flour	120 grams	1 cup
Whole Wheat Flour	113 grams	1 cup
Baking Powder	4 grams	1 tsp
Baking Soda	3 grams	1/2 tsp
Brown Sugar (packed)	213 grams	1 cup
Confectioners' Sugar	113 grams	1 cup
Granulated Sugar	198 grams	1 cup
Chocolate Chips	170 grams	1 cup
Cocoa Powder	42 grams	1/2 cup

WET INGREDIENTS

INGREDIENT	GRAMS	CUPS
Butter	113 grams	1/2 cup
Buttermilk	227 grams	1 cup
Corn Syrup	312 grams	1 cup
Heavy Cream	227 grams	1 cup
Milk	227 grams	1 cup
Vegetable Oil	198 grams	1 cup
Vegetable Shortening	46 grams	1/4 cup
Eggs	50 grams	1 large
Vanilla Extract	14 grams	1 tbsp