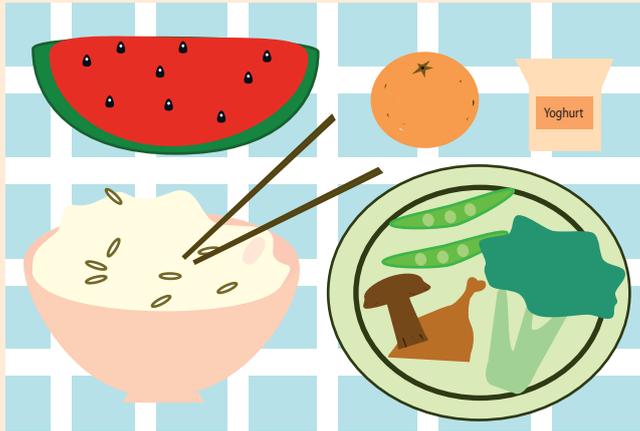


Recipes from the Blue Dragon Kitchen



Blue Dragon Children's Foundation works with street kids, children with disabilities and children from very poor families. They suffer from the effects of poor nutrition. We provide free lunch program and nutrition support to families so that the children can grow healthy and strong!

In case you were wondering just what these meals might be, we've put together this recipe book of favourites from the Blue Dragon kitchen – the home-cooked dishes the kids in our lunch program like the best.

These recipes come direct from the chefs at our centres and shelters who prepare healthy balanced meals everyday. Try them yourself and see if you think Vietnamese dishes are delicious – '*ngon*' as we say in Vietnam!

Mushroom and tofu soup

Ingredients

200grams/7 oz Enoki/Oyster Mushrooms
400 grams/14 oz (one block) silken tofu
A few spring onion stalks
Vegetable stock cube



Seasonings

Fish sauce/soy sauce

Directions

1. Wash the spring onion and mushrooms
2. Soak the mushrooms in cold water for 15 minutes
3. Chop tofu into small cubes and spring onions into slices
4. Add vegetable stock cube to water and boil for 5 minutes
Keep the lid of the saucepan closed for the entire time
5. Add the mushrooms and tofu and return to the boil
6. Add fish sauce to taste: make sure that the flavour is not too bland
7. Sprinkle with green onions

Serves: 4

This healthy soup is super easy to make. You can add other green vegetables too, like Chinese cabbage, bean sprouts or different kinds of mushrooms (white mushrooms are best). Sometimes, we add tomatoes so the soup looks more colourful. It's up to your imagination!



Banana Flower Salad

Ingredients

- 1 banana flower
- A handful of herbs (mint, coriander, basil)
- 1 large cucumber
- 1 large carrot
- Unsalted peanuts
- Pork or chicken (optional)



Dressing

- 1-2 chili peppers
- Lime juice
- 3 cloves of garlic
- Salt
- Sugar



Directions

1. Wash all vegetables, herbs and banana flower
2. Cut banana flower into thin strips (the thinner the better) and soak in water with a few drops of lime juice. This helps to get rid of the bitterness from the flower sap
4. Boil a small amount of pork or chicken if you'd like some meat in your salad, and cut into long strips when cooked through
5. Peel the cucumber and carrot
6. Grate the carrot into long strips and thinly slice the cucumber into matchsticks
7. Cut the herbs into 1 cm long pieces
8. Combine sugar, salt and lime juice. The ratio is 3 parts sugar, 1 part salt, 1.5 parts lime juice. You might find it a little bit sugary because we have quite a sweet tooth in Vietnam. Experiment and find which dressing ratio is best for you. Add crushed garlic and a few slices of chilies
- You can use this dressing for pretty much every Vietnamese salad!*
9. Put all the vegetables and herbs in a big bowl and mix them with the dressing you prepared
10. Lastly, add the crushed peanuts when ready to serve

Serves: 4

Bánh Mỳ Trứng



Ingredients

2 baguettes
4 eggs
Cooking oil
Half a head iceberg lettuce
1 large cucumber
A handful of coriander

Cucumber salad dressing

Salt
Sugar
Lime juice
2 cloves of garlic

Seasonings

Sweet chili sauce
Soy sauce

Directions

1. Wash vegetables and herbs
2. Pre-heat oven for baguettes
3. Prepare the cucumber salad by peeling the cucumber and cutting it into thin slices
4. Make the salad dressing as per the Banana Flower Salad and toss it with the cucumber
5. Make the omelets. Crack eggs into a bowl and beat
Add to a hot pan with a little oil and spread into a thin layer
Take off the heat when the eggs have set
6. Spilt the baguettes along their length. Place half the omelet, lettuce and cucumber salad in each baguette
7. Add a little chili sauce and soy sauce to taste

Serves: 2

Will this be a nice alternative for breakfast? We think so!



Chicken with Lemongrass

Ingredients

500 grams/17 oz chicken thigh or breast
2-3 stalks of lemongrass
1 small knob of ginger
1 chili pepper
3 cloves of garlic
Black pepper

Seasoning

Fish sauce
1/2 tablespoon oyster sauce
1 teaspoon salt



Directions

1. Chop chicken into pieces and marinate in 1 teaspoon of salt, half a tablespoon of oyster sauce and half a tablespoon of crushed ginger for 1-2 hours. Poke the thighs with a fork so that the seasoning will absorb well *If you are in hurry, it will be ok to marinate for only 30 minutes!*
2. Wash the lemongrass, crush it a little at the bottom and slice it thin
3. Mince ginger and garlic
4. Take out seeds in the chili pepper and slice
5. Fry the marinated chicken until it browns on both sides
6. Take out the chicken and stir-fry the garlic until fragrant. Add the chopped lemon grass
7. After half a minute or so add the chicken
8. Add fish sauce, chili peppers and black pepper for the final touch

Serve: 4

We recommend you try this during winter or on a chilly dull day. It's best served with a bowl of hot rice. Ginger goes well with chicken because it makes a fragrant smell so you can add a lot of ginger as long as it isn't too spicy for you.

The Famous Tofu with Tomato Sauce

Ingredients

500 grams firm style tofu
Vegetable oil
4 tomatoes
A few spring onion stalks

Seasoning

Salt
Fish sauce



Directions

1. Cut tofu into 1 inch/2.5 cm cubes and place in a colander for 5-10 minutes to drain the liquid
2. Heat the oil to a high temperature. *You need the oil to be very hot. To make sure, place a chopstick in the oil and see if many small bubbles rise from the stick. If so, the oil is hot enough!*
3. Deep fry the tofu pieces quickly until they brown on both sides, around 2-4 minutes. You will need to move the tofu pieces around because they tend to stick together
4. Cut tomatoes into cubes and place in the same saucepan with a little vegetable oil
5. Sprinkle in some salt and stir the tomatoes until you see the juice coming out
6. Place the tofu into the saucepan with the tomatoes and mix well so that each tofu cube is covered in sauce
7. Bring up the heat and add fish sauce to taste. Then lower the heat and keep the pan on the stove for 3-5 minutes with the lid closed to bring out the flavour of the seasonings
8. Add chopped spring onion when ready to serve

Serve: 4

If you find that there is too little sauce, you can add more water, though this is not advised as it dilutes the flavour. Usually, more liquid is created during Step 7, but if there is not enough sauce for you, make some more!

Happy cooking and prepare your chopsticks!



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