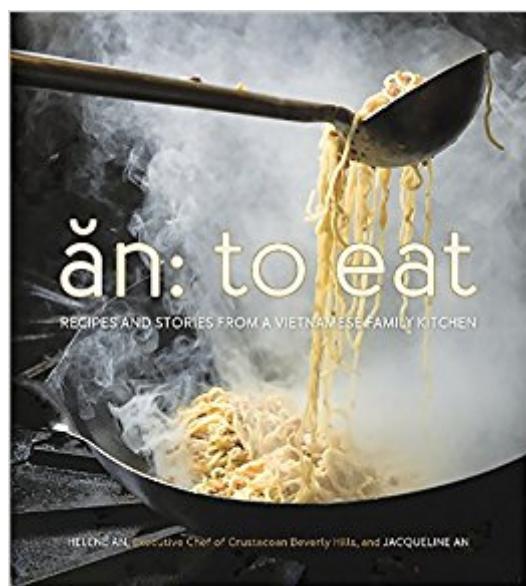


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# An: To Eat: Recipes And Stories From A Vietnamese Family Kitchen



## Synopsis

In Vietnamese, “AN” means “TO EAT,” a happy coincidence, since the An family has built an award-winning restaurant empire; including the renowned celebrity favorite Crustacean Beverly Hills, that has been toasted by leading food press, including Bon Appétit, Gourmet, InStyle and the Food Network. Helene An, executive chef and matriarch of the House of An, is hailed as the “mother of fusion” and was inducted into the Smithsonian Institute for her signature style that brings together Vietnamese, French, and California- fresh influences. Now her daughter Jacqueline tells the family story and shares her mother’s delicious and previously “secret” recipes, including “Mama’s” Beef Pho, Drunken Crab, and Oven-Roasted Lemongrass Chicken. Helene’s transformation from pampered “princess” in French Colonial Vietnam, to refugee then restaurateur, and her journey from Indochina’s lush fields to family kitchen gardens in California are beautifully chronicled throughout the book. The result is a fascinating peek at a lost world, and the evolution of an extraordinary cuisine. The 100 recipes in *An: To Eat* feature clean flavors, simple techniques, and unique twists that could only have come from Helene’s personal story.

## Book Information

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## Customer Reviews

“An: To Eat” isn’t just a good cookbook, it’s a hell of a story. Epicurious.com “An: To Eat” is a beautifully photographed (by Evan Sung) book that combines many of Crustacean’s recipes with the central story of the An family. Los

Angeles Times" It's so wonderful: The An story, the An family, and especially the An food. Vietnamese royal cuisine meets L.A. flair." &#151; Alan Richman, 16-time James Beard Foundation winner for food writing and GQ food correspondent Chef Helene An's talent for composing flavors is virtuosic. Her contribution to the California culinary landscape places her firmly in the ranks of Alice Waters and Wolfgang Puck. An: To Eat grants us a peek at some of her delectably covert recipes--after all, everyone loves a tasty secret." &#151; Eddie Lin, Los Angeles Times food writer "Chef An's cooking isn't simply about food. It's a celebration of life, of family, of survival and triumph. Her life is a tribute to living well &#151; and living with love!" &#151; Merrill Shindler, KABC Radio

Helene An Helene An is one of the most celebrated chefs in America, regularly chosen by the James Beard Foundation to host events and by Hollywood elite to cater Oscar parties. She was inducted into the Smithsonian Institute in 2007 for her contribution to introducing Vietnamese cuisine to mainstream America. Helene grew up in French Colonial Vietnam, but fled with her family to Saigon in 1955 after the Communist invasion. Twenty years later, she had to flee Saigon and soon settled in San Francisco, where she established the city's first Vietnamese restaurant, Thanh Long. Helene oversees the House of An that includes five restaurants throughout California including Crustacean Beverly Hills, named Esquire's "Best New Restaurant" in 1997 and winner of the prestigious Five-Star Diamond Award from the American Academy of Hospitality Sciences in 2015. Helene's tantalizing food - featured on the Food Network's The Best Thing I Ever Ate - has long been hailed by critics, celebrities, and an adoring public. Jacqueline An is a Wharton School of Business graduate and one of Helene's five daughters behind the House of An. Jacqueline grew up listening to stories of her mother's childhood in Vietnam, the adventures, the dangers, and the elegance of the Indochine era. Jacqueline seeks to share Helene's culinary inspirations so that home cooks can bring some of the same magic into their own kitchens. When she is not caring for her two young sons, she can usually be found in the kitchen with Helene creating new dishes for their restaurants and at home. Both authors live in Beverly Hills, CA.

I just went through the sauce section. What are the white beans doing after step 1 in the Bean Sauce? Mix them into step 2? Or serve them as a sauce side dish? I hope when I start using more of the seem-to-be-good in this book, there will not be too many dangling instruction as this one.

Part 1: So, I'm a big fan of An's restaurant Crustacean. Love those Garlic Noodles. I made a dish:

Crispy Garlic Chicken Wings. So, I marinating my meat overnight. I then followed the rest of the recipe as is. The outcome: it was lacking flavor, even with the lime juice. It needed a glaze to put on afterwards to bring out those flavors I marinated the meat in. And the fish oil smell and taste is STRONG. Needless to say, I wasn't so impressed with the dish but fed it to the family anyways cause I refuse to waste food. I am not a salt fanatic and was disappointed I had to add it to the meat after it was done just to enjoy it. Not a lot, just a little. I'm still in the process of making what I think are An's garlic noodles (Helen's Wok Noodles) to go with my chicken. Hopefully that part is more tasty. If it's just as bland, I plan to return this book for a refund. Part 2; The Wok Noodle dish was tasty and has more flavor than the chicken (followed recipe to the T). It's definitely not the Garlic Noodle dish at the restaurant. I was hoping that was in the book. A bit of a disappointment. I will need to cook more dishes in this book to determine if it's worth more than 3 stars I initially gave it.

I received my cookbook today. If you're a fan of the Roasted Garlic Crab served at the An Restaurants, the recipe is not in this cookbook. This is my favorite dish. The recipe still remains a family secret. Needless to say, I'm disappointed. With that said, the cookbook is visually sound. I enjoyed the stories about the An Family. The recipes appear to be easy to follow. I'll update my review in a few months after I've tried some of the recipes.

This is one of the best cookbooks out there for unique and delicious Vietnamese recipes. Chef Helene An shares some of her best recipes from her restaurants while daughter Jacqueline An narrates a magical story behind the family history. Highly recommend it for any foodies out there.

Excellent recipes, have tried a few at home and very clearly written. The pictures are clean, crisp and nice to compare to the final product. Very informative and love learning about the history of the family and their explanations of the dish preparation.

Amazing book and an amazing read. A must have to look into this cuisine. I picked it one day at a friends house and literally just poured through it because of information. It is not just a recipe book. Gives a lot of history on top of recipes.

I like a lot of the recipes in this book. I wish it had less about the background of the family and their restaurants.

Beautiful cookbook with amazing images and recipes. I am in love with Vietnamese food and An: To Eat is a treasure.

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