



SMALL GUIDE TO HEALTHY & DELICIOUS  
FOOD: VIETNAMESE - TAIWANESE FUSION

—— Cookbook ——

Daphnee Chu



## Author & Chef

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Hi! My name is Daphnee, and I have a great passion for food and nutrition.

Growing up, food had always represented love, communication, and culture within my family. I want to take this opportunity as a guide to show the world that healthy food can be delicious using my multicultural background.

This cookbook is dedicated to both of my grandmothers as their food inspired my love and dedication to cooking nutritious and delicious food.

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# SPRING ROLLS

Looking for a simple, light, and refreshing dish?

Spring Rolls is the answer! It's extremely easy to prepare, make, and a great meal to have when you are in a rush or hurry!

Spring Rolls are a very popular snack and meal to have in Vietnam. It contains lots of antioxidants, fibers, and protein.

They are also typically served with a dipping sauce.

The sweet and savory peanut sauce is a classic choice and is commonly served in restaurants. With the peanut sauce, the Daily Value (DV) comes to 102.7 calories, which is still considered as a low-calorie meal.



# Essential ingredients

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## Boiled Shrimp

- low carbs & calories
- contains the antioxidant astaxanthin, which can help prevent wrinkles and lessen sun damage
- high selenium content, which could potentially prevent certain types of cancers (still undergoing research)

## Pork Belly

- provides rich flavor and taste
- a source of high-quality protein, vitamins, and minerals
- high saturated fat and lower protein
- eat in small portions

## Chives

- reduce risk of cancer
- prevent osteoporosis as it is packed with Vitamin K
- improve memory from choline and folate
- too many chives can cause stomach pain and indigestion

## Lettuce

- excellent source of Vitamin A and Vitamin C
- low calorie

## Cucumbers

- cucumber skin is full of beta-carotene, which can convert into Vitamin A (keeps eyes and skin healthy)
- help with weight management
- rich in antioxidants
- reduce and moderate blood sugar levels (highly recommended for those at risk of hypoglycemia or diabetes)

## Mint

- still undergoing research
- studies have shown kill bacteria, reduce stress, and fight cancerous tumor cells

## Rice Paper

- free from oils and fats
- made out of white rice flour, tapioca flour, salt, and water
- gluten free

# Optional ingredients

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## Fish Mint

- rich in Vitamin A, keratin and calcium
- common Asian remedy and believed to help with digestive problems

## Purple Perilla

- helps treat asthma
- It is also used for nausea, sunstroke, inducing sweating, and to reduce muscle spasms.

# Recipe

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## How To Wrap Spring Rolls

1. Take Out One Sheet Of Vermicelli Rice Paper
2. Lightly Dip The Whole Sheet In Warm Water
3. Starting From The End, Take 1-2 Leaves Of Lettuce And Add Other Preferred Vegetables
4. Take 2-3 Slices Of Shrimp And Pork Belly
5. Roll It Like An Eggroll Or Burrito And Make Sure It Is Tightly Wrapped To Keep The Ingredients From Falling Out

## How To Make Peanut Sauce

1. In a small pot, put 15g of peanut butter, 9-10g of hoisin sauce, and 2 tsp of sugar
2. Turn the heat to medium
3. Use a spatula or spoon to mix
4. Once it starts to lightly bubble, add 40g of water and continue to stir
5. Once it is nicely combined and smooth, you can take the pot off the heat or adjust the sauce to your liking

Spring Rolls

## Nutrition Facts

Serving Size 1 full recipe

Amount Per Serving

**Calories 50.1**

% Daily Value\*

<b>Total Fat</b>	0.8 g	1 %
Saturated Fat	0.3 g	1 %
Trans Fat	0 g	
<b>Cholesterol</b>	6.1 mg	2 %
<b>Sodium</b>	193 mg	8 %
<b>Total Carbohydrate</b>	9 g	3 %
Dietary Fiber	0.8 g	3 %
Total Sugars	0.7 g	
Added Sugars	0 g	0 %
<b>Protein</b>	2 g	
<b>Vitamin D</b>	0 mcg	0 %
<b>Calcium</b>	17.4 mg	1 %
<b>Iron</b>	0.3 mg	2 %
<b>Potassium</b>	91.8 mg	2 %

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Full Info at [cronometer.com](http://cronometer.com)

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## Spring Rolls + Peanut Sauce

## Nutrition Facts

Serving Size 1 full recipe

Amount Per Serving

**Calories 102.7**

% Daily Value\*

<b>Total Fat</b>	4.1 g	5 %
Saturated Fat	0.9 g	5 %
Trans Fat	0 g	
<b>Cholesterol</b>	6.2 mg	2 %
<b>Sodium</b>	285.5 mg	12 %
<b>Total Carbohydrate</b>	14 g	5 %
Dietary Fiber	1.2 g	4 %
Total Sugars	4.2 g	
Added Sugars	3.4 g	7 %
<b>Protein</b>	3.5 g	
<b>Vitamin D</b>	0 mcg	0 %
<b>Calcium</b>	23.4 mg	2 %
<b>Iron</b>	0.4 mg	2 %
<b>Potassium</b>	133.2 mg	3 %

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

For this dish, two spring rolls is considered as 1 serving.

As you can see, spring rolls are very low in calories and fat, which is good for people who are focusing on weight control and preventing the risk of heart disease or obesity. Spring rolls are also high in fiber and protein, which makes this dish a very healthy snack or meal.

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## Vermicelli Noodle Bowl



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Vermicelli Noodle Bowl is one of my favorite dishes to have over the summer or whenever I want something light and crunchy. The bbq meat is really good and the marinade is inspired by my Taiwanese background.

Traditionally, Vietnamese BBQ marinade contains a strong lemongrass flavor and is nicely charred on the grill. However, the marinade will be sweet and savory and will make the whole dish more flavorful.

Vermicelli Noodle Bowls are also full of protein and fiber but also have different levels of crunch and flavor from the raw and pickled vegetables as well as the toasted peanuts.

NOTE: Pickled carrots and radishes do require to be prepared a couple days before to ensure their pickled flavor.



# RECIPE



**Prep**  
20 Mins



**Time**  
10 Mins



**Serves**  
5+



**Level**  
Easy

## Ingredients

Sugar	1/3 cup
White Distilled	1/3 cup
Vinegar	1/4 cup
Water	1 cup
Radish	1 cup
Carrots	1/2 cup

**\*THIS MIGHT DIFFER ON PERSONAL PREFERENCE  
OR AMOUNT OF RADISH AND CARROTS USED\***

## Cucumbers

Cucumber slices	443 g
Rice vinegar (Mizkan sushi seasoning)	4 tbsp
Sugar	2 tbsp

**\*THIS MIGHT DIFFER ON PERSONAL PREFERENCE  
OR AMOUNT OF CUCUMBERS USED\***

## Pickled Radish + Carrots

### STEP 1

Chop and slice your carrots and radish into thin strips

Set them aside and put them in separate mason jars or any glass container that can be nicely sealed

### STEP 2

In a medium pot, put 1/3 cup of sugar, 1/3 cup of white distilled vinegar, 1/4 cup of water

Let the pot boil on medium heat

### STEP 3

Wait for the pot to boil and all the sugar has been dissolved

Set the pot aside and let it cool before adding it to the jar

### STEP 4

Once you put the vinegar marinade in the jars, you can put them in the fridge and let it pickle for at least overnight for the radish and 3 days for the carrots

# RECIPE



**Prep**  
15 Mins



**Time**  
20 Mins



**Serves**  
4



**Level**  
Easy

## Ingredients

Chicken Breast	1 lb
Sirloin	11oz
Soy Sauce	3 tbsp
Mirin	1 tbsp
Fish Sauce	1/2 tsp
Hoisin	3 tbsp
Garlic Powder	1 tsp
Hot water	1/3 cup

### CHICKEN

Chicken is slightly hard to cook because it takes longer and can easily be dry

On the pan, place as many chicken slices as you can with equal spacing between each piece of chicken

Take a lid of the saucepan or a grease splatter guard to cover the pan and let the steam help cook the chicken

After 40 seconds or a minute, open the lid and flip the chicken over. After both sides have been cooked, you can continuously flip the chicken for 20 seconds to get it nicely golden brown.

Be mindful that these meats can easily burn and get that char because of the marinade. Also, every pan and stove is different, so the time might be different.

### BEEF

For beef, it cooks very easily and has a very short cooking time especially when your pan is hot.

Should roughly take 20 seconds each side

## BBQ Marinade

### STEP 1

Cut the chicken breast and beef into equal slices (this is to ensure the same cooking time)

Set them aside as we move on to the marinade

### STEP 2

In a bowl, add your soy sauce, mirin, and the other ingredients listed ingredients and give it a stir

### STEP 3

Add the meats into your sauce bowl and mix it all together

Put the bowl into the fridge and let it marinade for at least 20 minutes

Around this time, you can move on to cutting your lettuce into 1 inch slices

### STEP 4

Take the bowl out of the fridge, and heat up a medium-large pan to medium heat

Add 1 tsp of oil on the pan and place your chicken on the pan once you feel the pan is heating up

**Tips:** If your pan gets too hot, it is ok to either add a couple tbsp of water because of the extra steam or start over if it burns the chicken

Vermicelli Bowl		
<b>Nutrition Facts</b>		
<b>Serving Size</b>	<b>1 full recipe</b>	
<b>Amount Per Serving</b>		
<b>Calories</b>	<b>456.1</b>	
	<b>% Daily Value*</b>	
<b>Total Fat</b>	16.7 g	21 %
Saturated Fat	4 g	20 %
Trans Fat	0 g	
<b>Cholesterol</b>	26.9 mg	9 %
<b>Sodium</b>	358.7 mg	16 %
<b>Total Carbohydrate</b>	55.3 g	20 %
Dietary Fiber	5.1 g	18 %
Total Sugars	8 g	
Added Sugars	5.2 g	10 %
<b>Protein</b>	21.8 g	
Vitamin D	0 mcg	0 %
Calcium	54 mg	4 %
Iron	3.1 mg	17 %
Potassium	410.6 mg	9 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
<a href="https://cronometer.com">Full Info at cronometer.com</a>		</>

## Overview

### Macronutrients

- Protein: 22g (5%)
- Carbs: 50g (11%)
- Fat: 17g (4%)

The average person has a 2,000-calorie (cal) diet, which can be split into three meals and a couple of snacks. A meal can range from around 300-500cal, while snacks should be less than 200cal. For this vermicelli noodle bowl, the calorie level perfectly sits within the range for a meal.

This meal has a good amount of protein and low carbs. It also contains an immense amount of B3 and folate (B9) Vitamins. B3 vitamins help maintain a healthy nervous system, digestive system, and skin. Folate (B9 Vitamin) is key to brain function as well as mental and emotional health.

Another note to add is vermicelli is considered high in carbohydrates and calories although the calories won't harm your health if consumed moderately. If you are looking for a low-calorie alternative, try shirataki or konjac noodles.

# SEAFOOD CURRY



This Seafood Curry is inspired by my Ba Noi's chicken curry and customized to my Taiwanese grandma's liking.

This is a great dish to have for a family gathering or dinner. It is packed with protein and immense flavor. It is a bit spicy because of the curry paste, but don't leave it out as it contributes significantly to the aromatics of the curry.



**Prep**  
20 Mins



**Time**  
45 Mins



**Serves**  
5+



**Level**  
Easy

## Ingredients

Striped bass	350g
Shrimp	279g
Scallops	392 g
Mushroom	465g
Red curry paste	1/3 cup
Coconut Milk	14 oz
Lemon grass	2 stalks
Chicken broth	29 oz
Fish Sauce	2 tbsp
Thai Basil	15g
Yellow Curry Powder	2 tsp
Sugar	3 tbsp



# Recipe

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## STEP 1

Cut your mushroom into slices and put them in a bowl

For the lemongrass stalks, wash the stalks and remove the outer layer.

Cut the stalks into roughly two-inch slices diagonally.

Crush the lemongrass with the back of your knife or a mallet (this will help release the aromatics)

Wash your seafood with a tsp of cooking wine and water to rinse out the fishy flavor

Cut the fish into equally thin slices

## STEP 2

In a big pot, set the heat to medium

Add 2 tbsp of oil and your red curry paste and yellow curry powder

Use a wooden spoon and mix that around and add your coconut milk

Stir both until well combined and add your chicken broth

While stirring, add your lemongrass, sugar, and fish sauce

## STEP 3

Once the curry starts to heat up and lightly boil, add your fish first because it has a longer cooking time

After a minute or two, add your shrimp

After 2 minutes, add the scallops

Cover the pot with a lid and let the seafood cook for about 8-10 minutes before adding the mushrooms

## STEP 4

To let the mushrooms cook, place the lid back on and wait for another 4-5 minutes

Open the lid and stir the curry. If the mushrooms need more time put the lid back on and give it an additional 3 minutes

If your mushrooms are ready, add your Thai basil and stir the curry for a couple times before removing the pot from the stove

# Daily Value

Seafood Curry		
<b>Nutrition Facts</b>		
<b>Serving Size</b>	<b>1 Serving — 270g</b>	
<b>Amount Per Serving</b>		
<b>Calories</b>	<b>195.4</b>	
	<b>% Daily Value*</b>	
<b>Total Fat</b>	3.9 g	5 %
Saturated Fat	1.2 g	6 %
Trans Fat	0 g	
<b>Cholesterol</b>	91.5 mg	31 %
<b>Sodium</b>	1363.2 mg	59 %
<b>Total Carbohydrate</b>	17 g	6 %
Dietary Fiber	2.3 g	8 %
Total Sugars	5.6 g	
Added Sugars	3.7 g	7 %
<b>Protein</b>	22.4 g	
Vitamin D	0.6 mcg	3 %
Calcium	71.1 mg	5 %
Iron	3 mg	17 %
Potassium	694.6 mg	15 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		

Seafood Curry + White Rice		
<b>Nutrition Facts</b>		
<b>Serving Size</b>	<b>1 Serving</b>	
<b>Amount Per Serving</b>		
<b>Calories</b>	<b>298.1</b>	
	<b>% Daily Value*</b>	
<b>Total Fat</b>	4.1 g	5 %
Saturated Fat	1.3 g	6 %
Trans Fat	0 g	
<b>Cholesterol</b>	91.5 mg	31 %
<b>Sodium</b>	1364 mg	59 %
<b>Total Carbohydrate</b>	39.3 g	14 %
Dietary Fiber	2.6 g	9 %
Total Sugars	5.6 g	
Added Sugars	3.7 g	7 %
<b>Protein</b>	24.5 g	
Vitamin D	0.6 mcg	3 %
Calcium	79 mg	6 %
Iron	3.9 mg	22 %
Potassium	722.2 mg	15 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		

1 serving + 1/2 cup of white rice

## OVERVIEW

- **Macronutrients**
  - Protein: 22g (12%)
  - Carbs: 14g (7%)
  - Fat: 4g (2%)
- Unsaturated fats - high in omega 3 and omega 6
- support healthy cholesterol levels & immune system function
- regulate your metabolism
- High in protein
- High in Vitamins and Minerals
  - B3, B5, and B12 Vitamins, Choline, Vitamin A - helps with the immune system and brain function
  - Ca, Cu, Fe, Mg, P, K, Se, Na, Zn - maintains healthy bones, blood vessels, nerves, and immune function


# CHICKEN SALAD



This cool and delicious Chicken Salad, also known as goi ga, makes the perfect dish or appetizer to have at family gatherings. There are actually different versions of this dish. One version of the salad includes raw carrots and cabbage, but if you are not a fan of those that's totally fine as this specific recipe doesn't include it!

 **Prep**  
15 Mins

 **Time**  
30 Mins

 **Serves**  
4+

 **Level**  
Easy



## Ingredients

Shredded Chicken Thigh	614g
Vietnamese Coriander	105 g
Raw Onion	243g
Lemon Juice	6 tbsp
Fish Sauce	3 tbsp
Sugar	2 tbsp
White Pepper	1 tbsp
Black Pepper	1 tbsp
Hot water	1/3 cup

## Recipe

### STEP 1

Cut your onions into thin slices and put them in a bowl of water (this will help remove the spiciness of the raw onions)

After every 5-10 minutes, remove and replace with new water

### STEP 2

Remove the stems of the coriander, so you are only left with leaves

Use a pair of scissors and cut the bigger leaves into small bits

### STEP 3

Boil the chicken for about 20 -25 minutes or use a rice cooker to let it steam

Once it has been cooked, take it out and let it cool for 5 minutes before shredding the chicken into strips

### STEP 4

In a bowl, add the sugar and hot water to help dissolve it

Then, add your fish sauce, lemon juice, black and white pepper (you may add more to your liking)

Add the chicken, coriander, and onions to the bowl and give it a nice mix before putting it in the fridge for about 30 minutes



## Overview

- **Macronutrients**
  - Protein: 29g (14%)
  - Carbs: 8g (4%)
  - Fat: 6g (3%)
- **Chicken thigh**
  - Great source of protein
  - Maintain bone density and osteoporosis
- **Marinade**
  - **Lemon Juice**
    - High in Vitamin C
    - Lower blood pressure
    - Cancer prevention and treatment
  - **Fish Sauce**
    - Lower blood pressure
    - Help diabetes by stimulating insulin production and making insulin more effective
    - Inflammation - the fish sauce has these enzymes that might help boost immunity and treat arthritis
- **White pepper + Black Pepper**
  - Contains: manganese, fiber, and iron
  - Reduces Inflammation
  - Promotes Proper Digestion
  - Boosts Curcumin Absorption
  - Helps Treat Diarrhea
  - Decreases Blood Pressure
- **Vietnamese Coriander**
  - Contains flavonoids
- **Onion**
  - High Vitamins B and C, and Potassium
  - Lower cholesterol - helps with heart disease
  - Lower high blood pressure - helps with diabetes
  - Regulate and lower blood sugar
  - Improve bone density and reduce the risk of osteoporosis
  - Improve bacterial balance in your gut, and benefit your immune system

Chicken Salad		
<b>Nutrition Facts</b>		
<b>Serving Size</b>	<b>1 Serving — 200g</b>	
<b>Amount Per Serving</b>		
<b>Calories</b>	<b>218.2</b>	
	<b>% Daily Value*</b>	
<b>Total Fat</b>	6.3 g	8 %
Saturated Fat	1.9 g	9 %
Trans Fat	0.1 g	
<b>Cholesterol</b>	128.6 mg	43 %
<b>Sodium</b>	825.6 mg	36 %
<b>Total Carbohydrate</b>	10.3 g	4 %
Dietary Fiber	1.7 g	6 %
Total Sugars	5.5 g	
Added Sugars	3.3 g	7 %
<b>Protein</b>	29.4 g	
<b>Vitamin D</b>	0.3 mcg	1 %
<b>Calcium</b>	53.6 mg	4 %
<b>Iron</b>	2.2 mg	12 %
<b>Potassium</b>	435.9 mg	9 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
<a href="https://cronometer.com">Full Info at cronometer.com</a>		</>



# SHAKING BEEF

## Ingredients

Ribeye (2)	400g
Onion (2)	222 g
Soy Sauce	3 tbsp
Hoisin Sauce	2 tbsp
Oyster Sauce	2 tbsp
Garlic	25g
Sugar	1.5 tbsp
Black Pepper	1 tbsp
Fish Sauce	2 tbsp
Hot Water	1/4 cup

# About menu

Shaking Beef is one of my personal favorite dishes. It is sweet and savory and the sauce it creates paired with rice is absolutely delicious! It is also commonly cooked with onions, and red bell peppers, and garnished with tomatoes and cilantro! Unfortunately, I couldn't find fresh ones at the market when making this.



## Direction

### STEP 1

Start by cutting all of your vegetables (onions and red bell peppers) into 1-inch cubes

Put them in a bowl and set them aside

### STEP 2

Cut off the fascia/tendons and fat off your ribeye steaks (You can identify the tendons by their glossy silver appearance)

Cut your ribeye steaks into 1 inch cubes

### STEP 3

Take about 5-8 cloves of garlic and mince them

In a bowl, add your soy sauce, garlic, and other ingredients listed above for your marinade

Add your ribeye in the bowl and give it a good mix before putting it in the fridge for at least 30 mins

### STEP 4

In a wok or pan, turn the heat up to medium heat

Add a 1/2 tbsp of oil and once your pan is hot, add your onions and red bell peppers

Sautee the vegetables until they released their aroma before adding your ribeye

If you want a lot of sauce, you can add the marinade in (if not, don't add too much)

After giving a quick mix, put a lid to cover and let it steam (this will ensure your ribeye will be cooked thoroughly)

Depending on how hot your stove is, you can repeat this process (mixing and putting the lid on) for every 30-40 sec for about 5-8 minutes

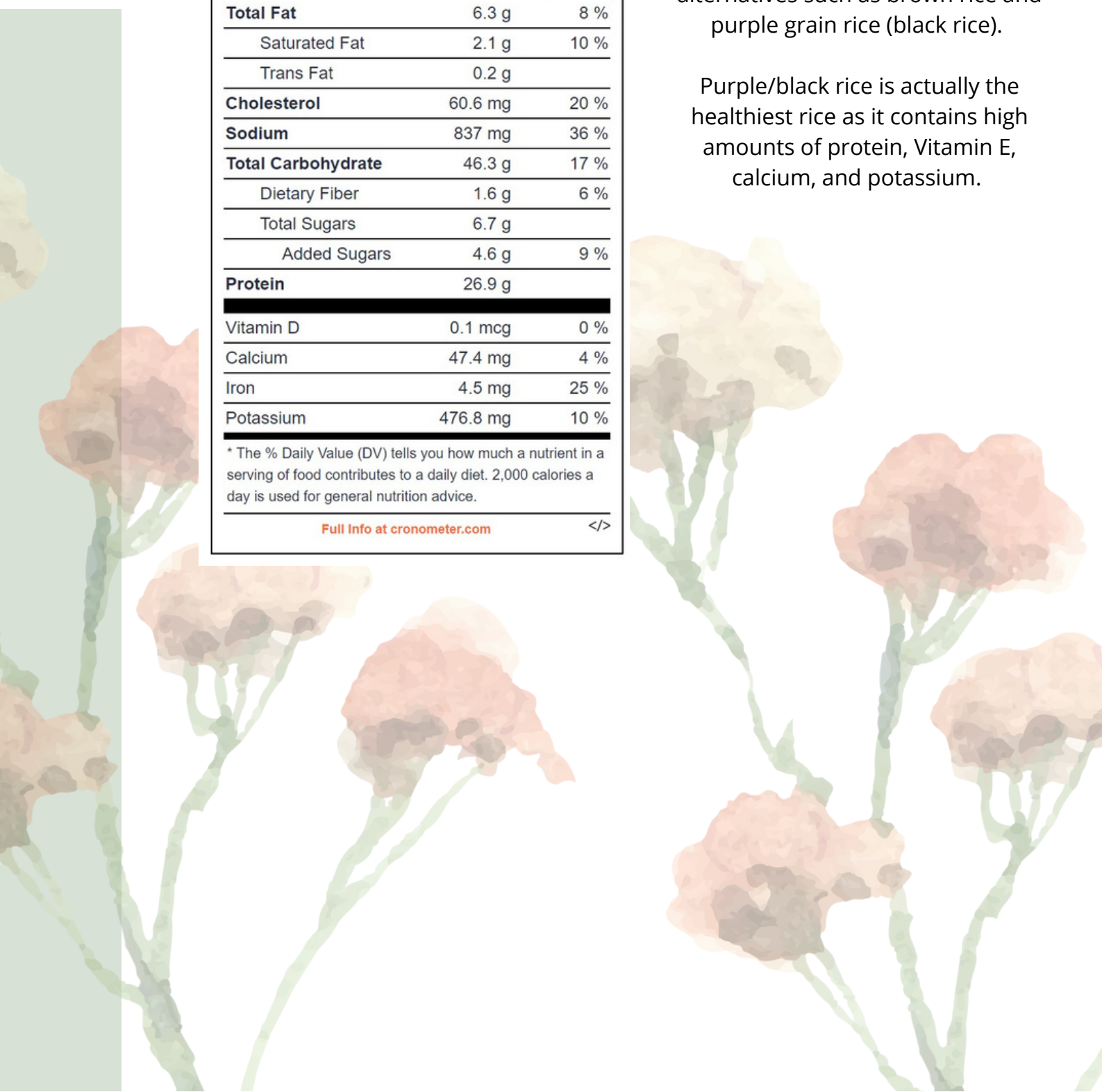


shaking beef with white rice		
<b>Nutrition Facts</b>		
<b>Serving Size</b>	<b>1 full recipe</b>	
<b>Amount Per Serving</b>		
<b>Calories</b>	<b>351.1</b>	
	<b>% Daily Value*</b>	
<b>Total Fat</b>	6.3 g	8 %
Saturated Fat	2.1 g	10 %
Trans Fat	0.2 g	
<b>Cholesterol</b>	60.6 mg	20 %
<b>Sodium</b>	837 mg	36 %
<b>Total Carbohydrate</b>	46.3 g	17 %
Dietary Fiber	1.6 g	6 %
Total Sugars	6.7 g	
Added Sugars	4.6 g	9 %
<b>Protein</b>	26.9 g	
Vitamin D	0.1 mcg	0 %
Calcium	47.4 mg	4 %
Iron	4.5 mg	25 %
Potassium	476.8 mg	10 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
<a href="https://cronometer.com">Full Info at cronometer.com</a>		</>

Shaking beef is typically paired up with white rice, which I have included in the nutrition labels.

There are multiple healthy alternatives such as brown rice and purple grain rice (black rice).

Purple/black rice is actually the healthiest rice as it contains high amounts of protein, Vitamin E, calcium, and potassium.



# Daily Value

shaking beef with brown rice		
Nutrition Facts		
Serving Size	1 full recipe	
Amount Per Serving		
<b>Calories</b>	<b>342.7</b>	
	% Daily Value*	
<b>Total Fat</b>	7.2 g	9 %
Saturated Fat	2.3 g	11 %
Trans Fat	0.2 g	
<b>Cholesterol</b>	60.6 mg	20 %
<b>Sodium</b>	840.6 mg	37 %
<b>Total Carbohydrate</b>	43.2 g	16 %
Dietary Fiber	3.1 g	11 %
Total Sugars	6.9 g	
Added Sugars	4.6 g	9 %
<b>Protein</b>	26.9 g	
Vitamin D	0.1 mcg	0 %
Calcium	39 mg	3 %
Iron	3.8 mg	21 %
Potassium	538 mg	11 %

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

[Full Info at cronometer.com](http://cronometer.com) </>

shaking beef with black rice		
Nutrition Facts		
Serving Size	1 full recipe	
Amount Per Serving		
<b>Calories</b>	<b>435.8</b>	
	% Daily Value*	
<b>Total Fat</b>	9.3 g	12 %
Saturated Fat	2.9 g	15 %
Trans Fat	0.2 g	
<b>Cholesterol</b>	60.6 mg	20 %
<b>Sodium</b>	841.6 mg	37 %
<b>Total Carbohydrate</b>	61.8 g	22 %
Dietary Fiber	4.3 g	15 %
Total Sugars	7 g	
Added Sugars	4.6 g	9 %
<b>Protein</b>	28.5 g	
Vitamin D	0.1 mcg	0 %
Calcium	35.4 mg	3 %
Iron	3.1 mg	17 %
Potassium	558.6 mg	12 %

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

[Full Info at cronometer.com](http://cronometer.com) </>

As you can see from the images above that the calories for black rice are higher than the rest because it has more energy, which is helpful for us to burn more calories. You may also notice that brown rice has a smaller caloric number because of the different compositions in equal weight for servings.



# CHICKEN GINSENG SOUP

22

Looking for something to warm you up during the winter or keep you active?

Chicken Ginseng Soup is one of the best choices to have when you're feeling unwell or cold during the winter.

What makes Chicken Ginseng Soup so different than other chicken soups?

Ginseng is a common Chinese herb that is used as an energy boost and is believed to help with cognitive skills.



## Ingredients

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Whole Chicken	2.37 lbs
Fresh Ginseng	.38 lbs
Water	7 cups
Vegetable broth	30ml
Rock sugar	45g

## Recipe

- In a rice cooker, pour 2 cups of water
- Clean the chicken with some water
- Rub the entire chicken with roughly 2 tsp of salt
- Set the chicken aside and use water to clean the ginseng
- Then, use a mallet or the back of a knife to crush the ginseng (this is to let the aromatics out)
- Inside the pot, put a layer of ginseng on the bottom and some inside the chicken itself
- Pour 7 cups of water inside the pot, but DON'T pour the water directly on the chicken
- Add roughly 45g of rock sugar (more or less depending on preference)
- Let it cook for at least 1 hr
- Later, add 30mL vegetable broth (more or less depending on preference)
- Optional: if you would like to have a deep ginseng flavor, let it cook for another hour

## Nutrition

Unfortunately, on Cronometer, the website doesn't recognize such ingredients used, so I can't really give the same nutrition label as I have given before. However, doing some comparison with other recipes and research, the total calories are roughly 180 cal depending if you choose to consume the soup only or with a couple of pieces of chicken.

Chicken Ginseng Soup is typically a "high-protein, low sodium, and moderate-cholesterol dish". As mentioned before, ginseng is commonly used as an energy booster, and the B Vitamins and Zinc from the chicken can improve immunity.

# Bibliography

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# Thank you so much for reading this !

I would like to thank Ms. Amber Parisie for introducing me to the app Cronometer, which has been a tremendous help in creating the customizable nutrition labels. She has also helped answer some of my questions while providing some guidance into the process of researching foods and alternatives.

I would also like to thank Dr. Brian Parson for being a great food critic and mentor! He has given me a lot of support and great advice into creating this cookbook!

# PHOTOS



This photo was taken on a ski trip to Reno. On the left is my Taiwanese grandma, Lisa. On the right is my Ba Noi.

This was taken on our little trip to Vegas. From left to right is me, mom, grandma, and dad



This was taken on my aunt's wedding. I was one of her junior bridesmaids.

To my left are my parents, and to my right are my Ba Noi and Ong Noi