

Vietnamese food analysis



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Vietnam territory is divided into three regions is markedly North, Central and South. The characteristics of geography, culture, ethnicity, climate regulation the specific characteristics of the cuisine of each region – domain. Each domain has a sharp taste characteristics. That contributed to Vietnam cuisine rich and diverse. This is a cultural eating lots of vegetables used (boiled, fried, making pickle, eaten raw) water types especially sour soup, while the number of dishes that are often of animal nutrition less.

What kind of meat is used most commonly pork, beef, chicken, duck, crawfish, fish, crabs, snails, mussels, clams, oysters, etc. These dishes from the less common meats such as dog meat, goat meat, turtle meat, snake meat, turtle meat ... is not usually the main source of meat, sometimes considered specialty and are only used during a certain festival associated with drinking alcohol. The Vietnamese also have a number of Buddhist vegetarian dishes made from plants, not from animal food sources. However, the community has very few vegetarian, only the monks in the temple or the serious illness forced dieting.

A few more characteristics also distinguish Vietnam cuisine with some other countries: Vietnam cuisine focuses delicious but sometimes do not set goals is the leading food supplement. Therefore the system of Vietnamese cuisine with dishes at very picky, security techniques such as stewed Chinese cuisine, nor inclined garnished with such highly aesthetic of Japanese cuisine, which tend to coordinate mixed spices to subtly delicious dishes, or use the material long, brittle enjoy very interesting though not actually add fat (e. . bamboo dishes, chicken wings feet, viscera of animals. ..).

In fact many people realize, intuitively, Vietnam featured good food in the matching route with other culinary cultures around the world: Chinese food nutritious, delicious Vietnamese dishes mouth, Japanese food look like eyes. However, these characteristics increasingly faded during integration.