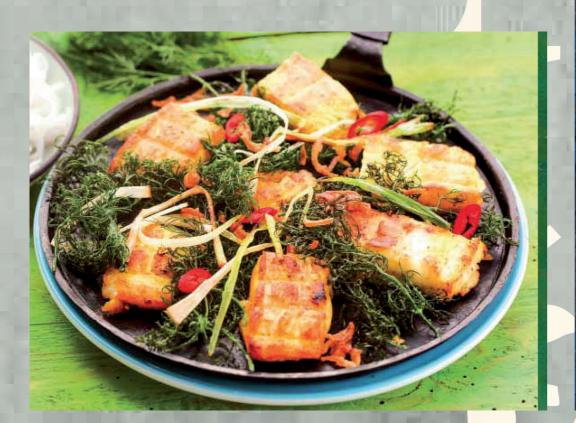
Book review Asia Street Food

Britta Schmitz



GARNELEN IN KARAMELLSAUCE MIT SCHWARZEM PFEFFER - cha bongkia mriet kmoa

ZUBERFITUNGSZEIT 20 Minuten

2 Knoblauchzehen 1 Bund frischer Koriande 500g Garnelen ohne Kopf und Schale (TK, aufgetaut) 4 EL Öl zum Braten 4 FL Karamellsaud (Rezept siehe QR-Code) 4 FI Fischsauce 2 EL schwarzer Pfeffe



Saftige Garnelen in Karamellsauce gebraten und mit grobem schwarzem Pfeffer und Korianderblättern bestreut – ein einfach zubereitetes Gericht, das durch das bitter-süße Aroma des Karamells in Verbindung mit der Schärfe des Pfeffers und der Frische des Korianders besticht. Wichtig ist es, den Pfeffer grob gemörsert und nicht gemahlen zu verwende

Den Knoblauch schälen und hacken. Den Koriander waschen und trocken schütteln. Die Blätter abzupfen, die Stiele fein hacken. Die Garnelen mit Kücher papier trocken tupfen.

einem Wok oder einer Pfanne das Bratöl erhitzen und darin den Knoblauch kurz anbraten, ohne ihn braun werden zu lassen. Mit einem Schaumlöffe herausnehmen und heiseitestellen. Die Garnelen in das heiße Öl geben und hei nittlerer Temperatur von beiden Seiten kurz anbraten. Den Knoblauch mit der Karamellsauce und der Fischsauce zu den Garnelen in den Wok geben und alles kurz köcheln lassen, dabei die Garnelen in der Sauce schwenken. Die Temperatur auf kleinste Stufe reduzieren. Den Pfeffer, die gehackten Korianderstiele und die Hälfte der Korianderblätter in den Wok geben und alles durchschwer ken. Noch 1 Minute weiterbraten. Auf einer Servierplatte anrichten und mit dem chen Koriander bestreut servieren. Dazu passt gedämpfter Jasr

lions of low-and-middle-income con- nary delicacies par excellence. sumers, in urban areas on a daily basis. Street foods may be the least expen-(http://www.fao.org/fcit/food-processing/street-foods/en/).

This means street food is a very important part of the food supply for Asia's city dwellers. In Southeast Asia one can eat every single meal of the day - from breakfast to late night snack - buying it from a hawker. This is a part of everybody's daily life and body, who used to travel or live in Asia - native or tourist, backpacker or ex-lustrating them with pictures of their codes in a color with a higher contrast,

The Food and Agriculture Orga- pat: As soon as they move away from nization of the United Nations wri- Asia they will start to lament that they tes on their website "[vendors or miss the variety and the ready availahawkers] represent a significant part bility of street snacks and they will of urban food consumption for mil- discuss it as if street snacks were culi-

A new book called "asia street food" sive and most accessible means of ob- by Heike and Stefan Leistner collects taining a nutritionally balanced meal now many of South East Asia's street outside the home for many low in- food recipes, illustrated with colorful come people, provided that the con- pictures of the Asian street life and sumer is informed and able to choose completed with facts, information not easily found here). Some of the the proper combination of foods." and travel notes from the authors. The two editors of the book, one an of the recipes and are either hard to author and the other a photographer, find in Europe or should be prepared are dedicated to make the street cuisine of South East Asia more known in Europe. Since 2004 they have been busy researching Asian culinary art and blogging about it on www.asiastreetfood.com. Now they published their recipes and travel notes in their blog. Technophobes will probably first cookbook - collecting 70 authen- hate this feature, but I thought it was often a sheer necessity. But ask any- tic recipes from Vietnam, Cambodia, a neat idea. I just want to add one little

many trips to the region. This is not one of your fancy, high gloss cookbooks, which are beautiful to browse through but not very useful in an actual kitchen. No, this is one of the few cookbooks, which will actually have a place right next to my stove: The recipes are easy to understand and follow. The ingredients are exotic, but most of them can be actually found in Europe (plus the authors will provide alternatives for those, which are condiments, which are used in several freshly (like roasted peanuts or bunrieu paste) have their own bar-codepicture. The readers can scan the codes with a barcode-reader on their smartphones and will be directed to the recipes on the authors' internet-

because most code readers have difficulties to scan the yellow ones.

The book contains most of my South East Asian snack favorites: tofu with lemon grass, banh xeo, amok and pad thai - plus a lot more, which were completely new to me. One of my come a staple in my kitchen.

However, this book does not only provide us with cooking instructions, the travel notes and background information make a very interesting read and they inspire the reader to think, how the complicated histories of countries, their people and their cuisines are interlinked. It made me think, how globally connected we all became: Vietnamese farmer girls, who somewhere out there, which is inte- asia street food. Christian Verlag. 224 p. are selling baguettes and kem cara- rested in an English edition.

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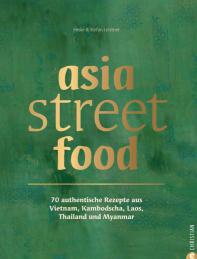
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men (crème caramel) at the roadside or Burmese street cooks using avocados for preparing a salad called "htaw bat thoke", which tastes pretty much like guacamole with a slightly Asian twist. Today, we call it fusion kitchen, but maybe it started with colonialism or even much earlier. Street food new discoveries was the Luang-Pra- teaches us, that people were always bang-Salad, which will definitely be- on the move, travelling, settling down and blending their cultures - leading to delicious results. With this cookbook all of us can be a part of this development, easily replicating the recipes from the Asian

cook shops back home in our kitchens. The only flaw of the book is that up to now it is only available in German. But maybe there is a publishing house

Britta Schmitz [schmitzbritta@gmx.de] studied Modern China Studies at the University of Cologne and Chinese language at Nankai University in Tianjin, China. Since 1998 she has been living and travelling in China and other parts of Asia, like Vietnam, Cambodia and the Philippines. One of her favorite pastimes while travelling is trying new food.





Bibliographic details Leistner, Stefan & Heike Leistner (2015) ISBN-13: 978-3-86244-805-0.