

# Book review Asia Street Food

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## GARNELEN IN KAMELLSAUCE MIT SCHWARZEM PFEFFER - cha bongkia mriet kmoa

ZUBEREITUNGSZEIT  
20 Minuten

ZUTATEN

2 Knoblauchzehen  
1 Bund frischer Koriander  
500g Garnelen ohne Kopf und Schale (TK, aufgetaut)  
4 EL Öl zum Braten  
4 EL Karamellsauce  
(Rezept siehe QR-Code)  
4 EL Fischsauce  
2 EL schwarzer Pfeffer



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 verwenden.

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

In einem Wok oder einer Pfanne das Bratöl erhitzen und darin den Knoblauch kurz anbraten, ohne ihn braun werden zu lassen. Mit einem Schaumlöffel herausnehmen und beiseitestellen. Die Garnelen in das heiße Öl geben und bei mittlerer 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 durchschwenken. Noch 1 Minute weiterbraten. Auf einer Servierplatte anrichten und mit dem restlichen Koriander bestreut servieren. Dazu passt gedämpfter Jasminreis.



The Food and Agriculture Organization of the United Nations writes on their website “[vendors or hawkers] represent a significant part of urban food consumption for millions of low-and-middle-income consumers, in urban areas on a daily basis. Street foods may be the least expensive and most accessible means of obtaining a nutritionally balanced meal outside the home for many low income people, provided that the consumer is informed and able to choose the proper combination of foods.” (<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 often a sheer necessity. But ask anybody, who used to travel or live in Asia - native or tourist, backpacker or ex-

pat: As soon as they move away from Asia they will start to lament that they miss the variety and the ready availability of street snacks and they will discuss it as if street snacks were culinary delicacies par excellence.

A new book called “asia street food” by Heike and Stefan Leistner collects now many of South East Asia’s street food recipes, illustrated with colorful pictures of the Asian street life and completed with facts, information and travel notes from the authors. The two editors of the book, one an author and the other a photographer, 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](http://www.asiastreetfood.com). Now they published their recipes and travel notes in their first cookbook – collecting 70 authentic recipes from Vietnam, Cambodia, Laos, Thailand and Myanmar and illustrating them with pictures of their

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 not easily found here). Some of the condiments, which are used in several of the recipes and are either hard to find in Europe or should be prepared freshly (like roasted peanuts or buri-riou paste) have their own bar-code-picture. The readers can scan the codes with a barcode-reader on their smartphones and will be directed to the recipes on the authors’ internet-blog. Technophobes will probably hate this feature, but I thought it was a neat idea. I just want to add one little advice to the publishers: Print the QR-codes in a color with a higher contrast,

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 new discoveries was the Luang-Prabang-Salad, which will definitely become 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 are selling baguettes and kem cara-

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 teaches us, that people were always 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 somewhere out there, which is interested in an English edition.

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**Bibliographic details**  
Leistner, Stefan & Heike Leistner (2015) *asia street food*. Christian Verlag, 224 p. ISBN-13: 978-3-86244-805-0.