



Simple Laotian Cooking (The Hippocrene Cookbook Library)

Penn Hongthong

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Located in southeastern Asia between Thailand and Vietnam, Laos is a landlocked country covered by mountains and forests. Because vegetable oil used to be a costly commodity they had to import, Laotians use it sparsely, preferring instead to flavor their dishes with a profusion of herbs and spices. They also eat a cornucopia of fresh fruits and vegetables but very little meat, making their cuisine a healthful yet flavorful choice for home cooks.

Simple Laotian Cooking offers 172 recipes, including a section on the traditional Lob, a dish usually made with beef but also with chicken, fish, or wild game, which is reserved for holidays and special occasions. Served with sticky rice and fresh vegetables, it is one of the few dishes accompanied by wine. A glossary defines staple ingredients like bamboo shoots, cilantro, coconut milk, fresh ginger, kaffir lime leaves, and lemongrass. The author also incorporates western ingredients in her dishes, making Laotian cuisine even easier to cook.

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