

“Cơm Viêt” – a different taste!

Written by Nava Nahi

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If you have ever tried “Cơm Viêt” (Vietnamese plain boiled rice), you will find the difference from the boiled rice in other countries!



In an ordinary meal of Vietnamese people, together with a variety of different dishes, Com or plain boiled rice is an *indispensable one*, the most popular food at the main meals of the day (lunch and dinner).

Different cooking method makes “Cơm Viêt” different!

In Vietnam, Com is made from different kinds of rice, typically fragrant rice is used, such as Tam Thom and Nang Huong. The main ingredients of Vietnamese plain boiled rice are commonly as follows:



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- 1 cup of rice.

- 2 cups of boiling water.

- 1 teaspoonful of salt.

So, how can you make the boiled rice really delicious? If you have chance to see how Vietnamese people make a good pot of boiled rice, you will notice that its process is not so difficult. Firstly, pick the rice over, taking out all the bits of brown husk; fill the outside of the double boiler with hot water, and put in the rice, salt and water, and cook forty minutes, but do not stir it. Then take off the cover from the boiler, and very gently, without stirring, turn over the rice with a fork; put the disk in the oven without the cover, and let it stand and dry for ten minutes. Then turn it from the boiler into a hot dish, and cover.

Other rice-made foods...

Beside the above-mentioned recipe of “Cơm Viẹt”, the Vietnamese people created many other rice-made foods, such as: rice ball, fried rice, rice gruel, steamed glutinous rice. Among them, making a rice ball (“Cơm nộm” in Vietnamese) is so interesting! **“Cơm nộm” is a Vietnamese rice dish pressed into cylinder or sphere shape, which is sold in small alleys in Hanoi by vendors. This dish is very familiar with Vietnamese people.**

“Cơm nộm” has become a cheap but delicious rustic gift. When being fed up with nutritious food like vermicelli or “phở”, people often look for a frugal dish like “Cơm nộm” served with roasted sesame and ground nut.

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