

Cao lau Hoi An (Hoi An vermicelli)

Written by Le Trang

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Visitors to Hoi An never forget Cao Lau (vermicelli), the special Hoi An and Quang Nam special symbol



Cao Lau is the foremost traditional Hoi An food. Visitors to Hoi An always remember Cao Lau, which was considered by Quang Nam people as a special symbol for Hoi An.

Cao lau noodles are carefully made from local new sticky rice. Water used to soak rice must be taken from wells in the Ba Le Village; noodles thus will be soft, enduring and flavored with special sweet-smelling.

On the Cao Lau noodles were some meat slices mixed with fat made from fried noodles served with vegetables and bean sprouts. Sharp-witted eaters would find out the specific flavor of the dish.

Dry pancakes used as ingredient must be thick with much sesame on the surface. Greasy coconut quintessence and bitter green cabbage are also indispensable. The so-called genuine Cao lau Hoi An must satisfy all above requirements.

It was said that only some wells in Hoi An were used to make Cao Lau noodles. What is more, only some Hoi An families were able to produce Cao Lau by their own traditional way, but the quality was not as good as it was before. Cao Lau did not have Vietnamese flavor. Despite its Chinese-like appearance, no Chinese accepted it as Chinese food. Until now, the origin of Cao Lau still remains in mystery.

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