



VIETNAMESE TET FOOD

ESSENTIAL DISHES FOR THE LUNAR NEW YEAR



Boiled chicken



Chung cake



Red sticky rice



Fried spring
rolls



Stuffed bitter
melon soup



Pickled
vegetables

BY VIVAVN TEAM

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If you're interested in Vietnamese Tet food, this PDF file will introduce you to the essential dishes for Tet in Vietnam. You'll get a brief overview of the ingredients and cooking methods behind these traditional foods, along with the cultural significance each dish holds during the Tet celebration.



Boiled chicken

- **Vietnamese name:** Gà luộc
- **Cooking method:** Boiling
- **Ingredients:** Chicken, Vietnamese coriander, onions, carrots, bean sprouts, lime leaves, salt, pepper, monosodium glutamate (MSG), chili powder, fresh chili, lime.
- **Significance:** It expresses respect for ancestors and prays for favorable weather and good fortune.



Chung cake

- **Vietnamese name:** Bánh chưng
- **Cooking method:** Boiling
- **Ingredients:** Glutinous rice, mung beans, pork belly, salt, pepper
- **Significance:** Chung cake represents the Earth and symbolizes gratitude to ancestors, wishing for prosperity and happiness in the New Year.



Red sticky rice

- **Vietnamese name:** Xôi gấc
- **Cooking method:** Steaming
- **Ingredients:** Glutinous rice, spiny bitter gourd, salt, rice wine
- **Significance:** Xoi Gac is a beautiful dish that symbolizes luck and happiness.



Vietnamese fried spring rolls

- **Vietnamese name:** Nem rán (or chả giò)
- **Cooking method:** Frying
- **Filling:** Ground pork, eggs, carrots, kohlrabi, green onions, wood ear mushrooms, shiitake mushrooms, onions, black pepper, glass noodles
- **Significance:** Fried spring rolls symbolize harmony and love among family members.



Caramelized pork and eggs

- **Vietnamese name:** Thịt kho tàu
- **Cooking method:** Braising
- **Ingredients:** Pork belly, coconut water, duck eggs, shallots, garlic, sugar, monosodium glutamate (MSG), fish sauce, pepper.
- **Significance:** This dish symbolizes the wishes for a prosperous and joyful year to come.



Vietnamese pork roll

- **Vietnamese name:** Chả lụa (or giò lụa)
- **Cooking method:** Steaming or boiling
- **Ingredients:** Pork, sugar, salt, pepper, broth mix, fish sauce, and starchy flour.
- **Significance:** This dish symbolizes wishes for prosperity and peace.



Pickled shallots

- **Vietnamese name:** Dưa hành (Northern Vietnam)
- **Cooking method:** Pickling
- **Ingredients:** Shallots, fish sauce, sugar, vinegar, salt
- **Significance:** This dish doesn't have any special symbolic meaning; it's mainly used to aid digestion and enhance the flavor of accompanying dishes



Pickled vegetables

- **Vietnamese name:** Dưa món (Central Vietnam)
- **Cooking method:** Pickling
- **Ingredients:** Papaya, carrot, white radish, kohlrabi, pickled small leeks, fresh chili peppers, salt, sugar, MSG, fish sauce
- **Significance:** This dish doesn't have any special symbolic meaning; it's mainly used to aid digestion and enhance the flavor of accompanying dishes



Pickled leeks

- **Vietnamese name:** Dưa kiệu (Southern Vietnam)
- **Cooking method:** Pickling
- **Ingredients:** Pickled small leeks, sugar, salt, vinegar, fish sauce
- **Significance:** This dish doesn't have any special symbolic meaning; it's mainly used to aid digestion and enhance the flavor of accompanying dishes



Dried bamboo shoot soup

- **Vietnamese name:** Canh măng khô
- **Cooking method:** Simmering
- **Ingredients:** Dried bamboo shoots, pig trotters, broth mix, black pepper, fish sauce.
- **Significance:** This dish symbolizes family reunion and good fortune



Stuffed bitter melon soup

- **Vietnamese name:** Canh khổ qua
- **Cooking method:** Simmering
- **Ingredients:** Bitter melon, ground pork, wood ear mushrooms, fish sauce, salt, sugar, broth mix, pepper, chili, green onions.
- **Significance:** It symbolizes the hope that all the difficulties of the past year have been overcome



Jellied meat

- **Vietnamese name:** Thịt đông
- **Cooking method:** Simmering followed by chilling
- **Ingredients:** Pork leg, pork skin, wood ear mushrooms, salt, fish sauce, pepper, monosodium glutamate (MSG), shallots.
- **Significance:** Jellied meat represents the bond, love, and support among family members

ABOUT VIVAVN

We provide comprehensive information about authentic Vietnamese products, beautiful landscapes, and local cuisine throughout the country. We deliver this information online, helping people explore Vietnam's rich culture and culinary heritage.



