

# THE SÀI GÒN KITCHEN

## COOKING CLASSES

I always say Vietnamese food isn't just something we eat—it's something we feel. It's philosophy, family, medicine, memory, and creativity, all wrapped up in flavour. And behind it all is a beautiful idea we call *Thuyết Ngũ Hành*—the principle of the five elements.

These five elements—wood, fire, earth, metal and water—aren't abstract concepts to us. They guide the way we think about the body, the seasons, and yes, even the food we put on the table. Each one is connected to a taste (sweet, sour, salty, bitter, spicy), a texture, a nutrient, and even one of our senses.

So when I cook, I'm not just tossing ingredients into a pot—I'm always looking for that sweet spot between hot and cool, soft and crunchy, yin and yang.

That's the real magic of Vietnamese food: it's harmony on a plate.

## What We'll Cook Together

In my classes, we cook three of my favourite Vietnamese dishes—always depending on what's fresh and in season. Some of the dishes you might see include:

*White Rose Dumplings* – A Hoi An speciality showcasing the town's delicate Chinese-Vietnamese culinary roots.

*Bánh Xèo* – The famous “sizzling pancake” loved for its joyful crackle and abundance.

*Spicy Mango & Pomegranate Salad (Gỏi Xoài)* – A bright southern salad celebrating Vietnam's tropical fruits.

*Fresh Summer Rolls (Nem Cuốn Tươi)* – A classic balance of fresh herbs, lightness and cool Vietnamese flavours.

*Stir-fried Beef with Su Su* – A northern home-style favourite made with backyard-grown chayote.

*King Prawns in Tomato & Spice Sauce (Tôm Sốt Cà Chua)* – A comforting family dish mixing French tomato notes with Vietnamese spice.

*Stuffed Squid in Sweet & Sour Sauce* – A coastal staple highlighting Vietnam's love of fragrant seafood.

*Lemongrass & Chili Chicken (Gà Xào Sả Ớt)* – A bold central Vietnamese dish known for its fragrant heat.

The following dishes are available only in bespoke classes. keep an eye out on our website, facebook and instagram for dates

*Bún Chả* – this will feature in the spring/summer when we can BBQ in the garden

*Hanoi-Style Beef Phở* – coming soon



Every class is a little different because I like to cook with what's at its best.

Can't wait to cook with you,

TT – Chef & Owner, The Saigon Kitchen