

Overview of Research on Characteristics of Vietnamese Cuisine Viet Nam

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Abstract

Vietnam is mainly a wet rice farming culture. The wet-rice farming culture dominates the lifestyle and gastronomy of Vietnamese people. Vietnamese gastronomy has features such as botanical properties, water properties, freshness properties, purity properties, low-fat properties, Flexibility and etiquette, synthetic properties, ceremonial properties, communal properties, and humanities. Due to Vietnam's strong exchanges and acculturation with regional and world cultures, Vietnamese gastronomy also has the culinary characteristics of Southeast Asian countries and the world. Vietnamese gastronomy has typical dishes that are known by countries around the world. Those are pho, nem, spring rolls, Hue vermicelli, Quang noodles, and loaf bread. This creates a picture of Vietnamese gastronomy that is both unique and diverse, both national and international. The above issues make Vietnamese gastronomy attractive to international tourists when traveling to Vietnam.

I. INTRODUCTION

Gastronomy culture is a combination of factors about food, eating and drinking habits, and behavior when eating. Vietnam gastronomy characteristics are all both culinary features properties national and international. In Sino-Vietnamese, it's called gastronomy, but in Vietnamese, it's about eating and drinking. Gastronomy has a general meaning, but eating and drinking have a specific, direct meaning. Gastronomy in Sino-Vietnamese, each syllable has many meanings, but in Vietnamese, eating and drinking only means the act of eating and drinking. Vietnam's gastronomy characteristics have had many research works by authors writing about Vietnamese culture. Research projects include the following:

"Food and Population in a Village in Northeastern Thailand" in the Monograph of the Center for Southeast Asian Studies, Kyoto University, states that the formula for a Southeast Asian meal is rice, vegetables, fish, and fish sauce. For Vietnamese dishes, this is very true, after fish is fish sauce, including fish sauce and salted fish. In winter, when the weather is stormy, Vietnamese people eat rice with vegetables and fish sauce (Hayao Fukui, 1993).

French researcher named A. Brébion commented on the fish sauce: "It is a sauce that is better than the Japanese shojo that we had the opportunity to enjoy in Vietnam. In the land of the rising sun and in Paris, it's better than Worcester dipping sauce. Europeans who can stand the smell will quickly get used to it, and will soon prefer it to the most famous British

mustards and sauces". (According to Phan Thi Yen Tuyet, 1993)

According to the Tran Ngoc Them, the Vietnamese meal structure is more plant-based, with rice being the top ingredient, followed by vegetables and fruits, and the third aquatic product. The author also mentions the synthesis and community, the flexible dialectic in Vietnamese gastronomy (Tran Ngoc Them, 96, p. 378-396).

In 1997 in the presentation: "Strategy to shape and promote Vietnamese identity in food and drink", Nguyen Nha mentioned 9 characteristics: 1. Diversity; 2. low-fat properties; 3. The richness of the fish sauce; 4. The totality of many substances, many flavors; 5. Deliciousness; 6. Using chopsticks, cut food into small pieces; 7. Community, common fish sauce bowl, common soup bowl; 8. Affectionate, hospitable; 9. Calculate the dishes that are usually prepared into a tray. (Nguyen Nha, editor-in-chief, 2009).

Tran Van Khe talked about Vietnamese cuisine published in the Spring issue of Sports and Culture magazine Ky Mao, pp. 21-22: "Eating comprehensive, that is eating with 5 senses, eating science, eating food democracy". (Tran Van Khe, 1999, p. 21-22)

Nguyen Thi Dieu Thao also mentioned some characteristics of Vietnamese cuisine: "Diversity in types and flavors, low-fat, low-cholesterol dishes, rich flavors" (Nguyen Thi Dieu Thao, 2007, p.67-71)

Nguyen Thi Bay and Tran Quoc Vuong said that "Biodiversity inevitably leads to dishes diversity. The daily meal of Vietnamese people: rice, vegetables, fish. (Nguyen Thi Bay and Tran Quoc Vuong, 2010, p.17).

Vũ Thế Ngọc đã trích dẫn sách Trà Kinh của Lục Vũ và khẳng định trà là thức uống có nguồn gốc từ vùng Bách Việt, trong đó có Việt Nam (Vu The Ngoc, 2014).

The study of Vietnamese gastronomy characteristics has been presented in articles specializing in cuisine, and in textbooks on Vietnamese gastronomy and culture as mentioned above. However, in this article, I systematize the characteristics and analyze more closely each feature of Vietnamese cuisine,

the dishes that receive the cuisine of South Asian and Western countries.

II. RESULTS AND DISCUSSION

2.1. Vietnamese gastronomy attributes

2.1.1. Botanical properties

The meal structure of the Vietnamese is mainly plant-based, with cooked rice (cơm) dishes being the main ingredient. "Cooked rice" is a permanent dish in Vietnamese meals. "Cooked rice" has become a symbolic dish, so the Vietnamese call eaten meal is the cooked rice meal. There are two types of cooked rice dishes: glutinous rice (cơm nếp) and ordinary rice (cơm tẻ). Vietnamese people often eat ordinary rice every day, while glutinous rice is only eaten at Tet and festivals. Therefore, the ordinary rice dish became familiar was compared to the birth mother " Ordinary rice as the birth mother". However, Lao and Thai people often eat glutinous rice rather than ordinary rice. In addition to rice dishes, there are rice-based cakes such as Chung cake (Square glutinous rice cake), Giay cake (Glutinous rice dumpling), Tay cake (Cylindric glutinous rice cake), sticky rice cake, mango cake (sweet shortcake), rice coated cake, wet rice cake, ordinary rice cake, glutinous rice cake, explosion rice cake, dry rice pancakes, com cake (green glutinous rice flakes), steamed rolled rice pancake... In particular, two types of Vietnamese sacred cakes are Chung cake and Giay cake, often they are offered on the ancestral altar during the Lunar New Year epidemic and festivals. In addition, there are also very popular dishes made from rice such as rice porridge, rice vermicelli, pho and Quang rice noodles.

The Vietnamese meal, after cooked rice, is vegetables. Vegetables are important foods in Vietnamese cuisine. Vegetables are a dish that can replace rice "Hungry eat vegetables, take medicine when you are sick". The main vegetables in Vietnamese dishes are cruciferous vegetables and morning glory. There are also vegetables that the French brought into Vietnam to grow, such as lettuce and cabbage. Vegetable dishes include boiled vegetables, stir-fried vegetables, raw vegetables, pickled

vegetables, and vegetables in the soup. Almost all Vietnamese dishes include vegetables. Eggplant and cabbage vegetables are two things that are used to make pickles and become a regular dish of Vietnamese people. In addition, Vietnamese people also make other pickled dishes such as pickled onions, pickled green bean sprouts, pickled papaya, pickled garlic, etc. Almost anything that can be eaten, Vietnamese people can pickle. Besides that, spice vegetables are also very rich, increasing the stimulation of taste while eating, limiting the fishy smell such as onions, ginger, chili, garlic, garlic, coriander, basil, dill, pepper, perilla, marjoram, lettuce...

Tubers and fruits such as gourds, pumpkins, and squash are used to make jams and soups. Tubers such as sweet potato, cassava, and corn (maize) are used to replace meals or eat in the afternoon. The tubers of peanuts (peanuts), black beans, green beans and red beans are often used to make cakes and make tea. Particularly, peanut tubers form a very famous Cu do candy in Ha Tinh.

Dishes from plant products are very diverse and often come first in the structure of dishes in daily meals: (cooked rice + vegetables + fruits) then (fish + poultry, cattle)

2.1.2. Water properties

Vietnamese people often eat watery food but do not like to eat dry food. On the Vietnamese people's tray of cooked rice, often have soup (canh). Canh of Vietnamese people is cooked from water with vegetables, tubers, and meat or fish. It's not like a European soup. Vietnamese people often eat pho and rice vermicelli in the morning. Pho, rice vermicelli, and rice spaghetti are dishes that have water. These dishes are plentiful. Pho has kinds such as beef pho, chicken pho, not fully ripe yet beef pho, stew beef pho, and Moc pho (Mọc is minced meat rolled circle). Rice vermicelli has kinds such as beef rice vermicelli, chicken rice vermicelli, pork leg rice vermicelli, snail rice vermicelli, mussel vermicelli, fish rice vermicelli, grilled vermicelli, crab rice vermicelli... During meals, Vietnamese people often drink juice, elderly people drink wine and beer. After a meal, Vietnamese people often drink tea and eat fruit. The popular daily beverage of Vietnamese

people is tea, sometimes with la voi (lá vối) water and la vang (bitter tea leaves) water. In Quang Tri province, there is the holy place of La Vang of Catholicism, which the French named because these leaves are abundant in this land.

Wine is a popular drink among Vietnamese people. Vietnamese wine is made from glutinous rice and also from ordinary rice, but the wine from glutinous rice is tastier. The tea tree and the custom of drinking tea originate from the Bach Viet region. According to Le Quy Don (1773: 483), in the Tra Kinh, Luc Vu of the Tang Dynasty wrote: "Qua Lô in the South...people mixed to drink water, so they couldn't sleep all night. Giao Chau and Guangzhou are very fond of that tea. Whenever there are guests coming to visit, they make it to invite. In the mountainous areas of the North such as Lai Chau, Son La, Lao Cai, Yen Bai, Ha Giang, Tuyen Quang, and Lang Son, tea grows in forests, there are ancient tea trees as tall as people can't hug, and some up to 18m tall. Until the IV-V centuries, the custom of drinking tea was only popular in the south of the Yangtze River, at the end of the Tang dynasty, it went to North China and then passed on to Korea and Japan. In the sixteenth century, Dutch merchant ships brought tea to Europe. India and Sri Lanka have only grown popular tea since the 19th century. (Vu The Ngoc, 2014)

Vietnam is the homeland of tea, so tea is the most popular drink for all ages. Every family has a teapot. Tea is drunk fresh by using crushed tea leaves, put in a porcelain pot and then pouring boiling water into the stew, about 15 minutes to drink well, this is called drinking green tea. The dried tea is made by using dried tea (also known as rustic tea, roast dry tea, or hook tea) put in a small ceramic pot and then poured with boiling water, only 5 minutes later it is ready to drink. People marinate star tea with flowers such as wolf flower, lotus, chrysanthemum, orchid, and jasmine. Tea is mixed with pure water, the most delicious is to use dew water on each lotus leaf, then rainwater caught in the sky, finally to well water and tap water to make tea is not good.

2.1.3. Freshness properties

Vietnam is a country with a tropical climate, so it is very convenient for trees and

fruits to grow. Vietnam is also a country with a large plain, many rivers and streams, and a long coastline that is very convenient for fishing. That makes foods from plants to aquatic products very abundant and always available. Therefore, food does not need to be stored or frozen, harvested then used immediately. Because foods are consumed immediately so they are still fresh. On the other hand, Vietnamese people like to eat raw foods such as raw vegetables, fish salad (gỏi) (a dish from raw fish, just put in the spices to eat immediately, without cooking), and unprocessed fruits and vegetables.

From seafood, especially fish, Vietnamese people make very nutritious fish sauce. Fish sauce is a pure food because it is made from fresh fish salt. Fish sauce is the essence of fish and does not have the same chemical mixing as industrial fish sauce. Eating rice with fish sauce (fish sauce dripping through the net from the fish marinade) is a very luxurious way to eat, and bottled fish sauce is passed through many times by flowing or adding salt water, so it has less protein. Famous places to make the fish sauce in Vietnam are Phu Quoc (Kien Giang), Phan Thiet (Binh Thuan), Sam (Thanh Hoa), Cat Hai (Hai Phong), Nam O (Da Nang), Phan Ri, Phan Rang. Ninh Thuan), Dong Hoi (Quang Binh). French researcher named A. Brébion commented: "It is a sauce more delicious than Japanese shojō that we had the opportunity to enjoy in the land of the sun grows and in Paris, it's better than Worcester dipping sauce. (Phan Thi Yen Tuyet, 1993).

2.1.4. Purity and low-fat properties

Purity expresses the purity of foods, not processed or mixed. Purity is also the natural state of foods, which does not cause them to lose their taste and nutrients found in food. Processed dishes are mainly boiled, braised (put food with salt, and fish sauce into the pot and boil until the water is dry so that the food is soft and just eaten, do not fry foods), steamed, and grilled, with little use of dishes such as frying, stir-frying, and sautéed meat used to burn through grease. Vietnamese people have the habit of eating raw, especially raw vegetables, while the Chinese eat fewer vegetables, and

prefer to stir-fry and cook with a lot of fat. Vietnamese people mainly eat low-fat foods such as vegetables, fruits, fish, and poultry.

2.1.5. Dialecticality and flexibility

Dialectical and flexibility are first of all in the suitability of everyone in the meal. The rice tray has many dishes and each dish has its own flavor depending on the preferences of each person. The second is shown through eating utensils. The chopsticks are a product of the tropical monsoon agricultural culture, it is the idea from the bird's beak. The chopsticks perform full functions flexibly: picking, pushing, shoveling, tearing, sawing, stirring, mixing, and dredging. It is also an extended arm to pick up food from far away because the food is on the tray and people pick up the food to invite their loved ones.

Dialectical and flexibility are reflected in the harmony of yin and yang between the dishes in the meal. To create a harmony of yin and yang, Vietnamese people prepare dishes according to 5 yin and yang levels corresponding to the five elements: cool frigid (cold, more yin = water), heat (hot, much yang = fire), temperate (warm, yang few = wood), fresh (cool, little yin = metal), average (neutral = earth). The custom of using spices of the Vietnamese people, in addition to stimulating appetite, is to increase the aroma of food, create beautiful colors, but also contain botanical antibiotics that have the effect of preserving food, limiting the development of microorganisms, especially has the effect of regulating yin and yang.

Ginger has a heat taste make clears colds, and detoxifies, so it is often cooked with foods with cold properties such as squash, vegetables, cabbage, and duck meat. High-heat fresh chili is used in aquatic foods such as fish, shrimp, crab, and fish sauce. Chicken meat is warmly suitable with lemon leaves is cool; cool pork is suitable for onions is warm; buffalo meat is cool suitable for garlic is warm.

The harmony of yin and yang is also reflected in the eating habits that are suitable for the environment, the seasons, and "what season is that food". Vietnam belongs to a hot country (yang), so in order to create a balance of yin and yang, the balance between people and

the environment, most of the food of the Vietnamese people is cool. In the book, the "Nữ công thắng lâm"[Enjoy the beautiful cooking of female], Hai Thuong Lan Ong Le Huu Trac listed about 120 types of food and spices, of which about 100 were cool and warm. (Le Huu Trac, 1971).

In hot summer, Vietnamese people like to eat soup cooked with copper fish, especially sour soup which is fresh and cool. In cold winter, eat braised meat with ginger, pepper, chili, and garlic to enhance yang. Even just a fish, depending on the season is appropriate to use, so the proverb has a saying: "In summer, eat fish in the river, then in winter, eat fish in the sea". In the hot summer, it is necessary to eat cool freshwater fish, and in the cold winter, it is necessary to eat salted sea fish to be warmer. Seasonal dining is when produce is at its most delicious, cheapest, and fresh. Depending on the composition of the product, there may be some delicious parts and other less delicious parts, so when eating and drinking, you need to choose the best part: celery to eat stalks, water spinach to eat leaves, carp eat heads...

2.1.6. Synthetic properties

Synthetic is a characteristic of the Vietnamese way of eating. Vietnamese family meals have many dishes, even in each dish, many ingredients are synthesized, in addition to spices, there are at least 2 raw materials. Stir-fried, simmered (cook food until the water dries up), salad, steamed dishes... always combine meat and fish with vegetables and tubers. Square glutinous rice cake is a dish that shows the synthesis of glutinous rice, green beans, bacon, onions, and salt. Mixed cooked rice and miscellaneous sweetened porridge dishes are a combination of many preparation materials.

Vietnamese people have a soup that combines many types of vegetables. A raw vegetable dish is never just one vegetable, it has a variety of vegetables. Even a cup of dipping sauce is not just fish sauce but also spices such as chili, pepper, ginger, vinegar, sugar, and garlic. There are many dishes that must be accompanied by raw vegetables such as Quang rice noodles, grilled pork rice vermicelli, rice pancake folded in half, fish salad, fish rolls with

rice paper, and fish hotpot with more than 20 vegetables. The combination of dishes in Vietnamese meals are cooked rice, pickles, fish sauce, soup, boiled, braised, fried, mixed, steamed, and grilled.

Meals of people Vietnamese, it is always full of protein, fat, starch, fiber, minerals, and flavor, reflected in the dishes and served on the dining table. Unlike Westerners, people serve each dish, after eating one dish, they bring another dish. Vietnamese people eat cooked rice with many dishes at the same time including soup, fish, and meat.

In Vietnamese meals, there are often many dishes, that express the harmony of yin and yang, affecting the senses: color, smell, taste, and sound. The color of the food must be fresh. So usually red, blue, white, purple. The dishes combine colors (seven colors: red, white, blue, yellow, brown, purple, and black), smells, tastes, and sounds, stimulating all the senses. Red and purple sticky rice gac, red chili, green vegetables, white cooked rice. Pink, yellow color of fried fish, braised meat. The hot taste of chili, the sour taste of sour cabbage, the buttery taste of cooked rice, the salty taste of the fish sauce, and the sweetness of the broth. The aroma of spices, the crispy sound of dry rice pancakes, and fresh vegetables.

2.1.7. Ceremonial properties and humanities

Eating and drinking for Vietnamese people is a behavior, becoming a cultural element. The way of eating must be disciplined, respectful, orderly, and suitable for family circumstances, so the proverb has a saying: "Eat look at the pot, sit look at the direction". "Eat look at the pot" means when eating to see how much or how little in the pot of cooked rice, how much food to eat for sensible. If dish less, you will eat less, dish more, you will eat more. If dish less but you eat a lot, you will run out of food for others. "Sitting look at the direction" is depending on the position and age of each person in the family, that sitting for sensible. Mother and daughter often divide and sit by the tray of cooked rice to serve meals for family members. The eldest daughter sits by the rice cooker to serve cooked rice to everyone. The son helps the grandparents pick up the food. The

mother takes care of small children to eat, so she sits close to her children.

Vietnamese people think "Greetings are higher than a tray of good food". Vietnamese people have the habit of inviting each other when they eat. When there is a party, the family members must go to the house of relatives and friends to respectfully invite them to eat. The family is having a meal, if there are guests coming to play, they are invited even though the guests have already eaten. If the party table is luxurious but there is no sincere and respectful invitation, the person invited will not come. Vietnamese people don't value good meals but put on rites. In front of the family eating, the children in the family often invite their parents and grandparents to eat. During meals, children often take bowls, chopsticks, and spoons for grandparents and parents.

In family meals, Vietnamese people always have respect and tolerance. Adults and children always invite old people to eat first, while adults give up delicious food to children. When a person does not come home in time for a meal, the family leaves a cooked rice portion and often separates a large portion. Vietnamese people have a habit of picking up food with chopsticks to invite relatives and guests. Westerners consider it unhygienic, but Vietnamese people do not see that. It is an act of intimate care. Why do Westerners like to kiss each other but pick up food for each other, which is considered unhygienic? So kissing isn't unhygienic? When there is love, the love vaccine is resistant to bacteria, so it will not get infected even if you pick up food for each other with the chopsticks you used!

2.1.8. Communal properties

Community is reflected in the family meal tray. Vietnamese people think highly of meals with a full number of family members. Mealtime is when everyone gathers together, has the conditions to take care of each other, and has the opportunity to chat and discuss family matters while eating. This is different from Westerners, they never talk during meals. Therefore, people Vietnamese often wait for each other to be full family members before sitting on the tray of cooked rice. Vietnamese people rarely eat and drink alone, except in mandatory cases,

so the proverb has a saying: "Eating alone distressed, working alone is body hard", and "Delicious wine must have good friends". The custom of drinking Can wine of the mountainous ethnic groups in Vietnam is that people sit around the wine jar, and everyone drinks together or alternately swaps for each other a rod that has a hole to drink. Southerner when drinking only uses a small glass of wine and then pass it by hand to drink together.

Vietnamese people drink tea becomes a hobby and a culture of communication. People not only drink tea with their mouths but also drink tea with their whole souls, not only to quench thirst but also to enjoy and make friends with people. In the countryside, every morning or afternoon, a family brews a pot of green tea and tells their children to invite neighboring families to come and drink tea and then chat over the green teapot. They take turns in succession, at every turn in the neighborhood, every house has the opportunity to invite neighbors to drink tea, ask about the family situations, and discuss business through a cup of hot green tea with warm humanity. Drinking tea becomes a way of communication, behavior, and enjoyment. In Japan, it became a tea ceremony (a kind of creed), [https://vi.wikipedia.org/wiki/Tr%C3%A0_%C4%91%E1%BA%A1o_Nh%E1%BA%ADt_B%E1%BA%A3] but in Vietnam, it is not called by name, but it is already a ceremony with the emotional ties of the Vietnamese people. The reason why Vietnamese people don't call tea ceremony is that drinking tea for Vietnamese people is so popular as daily activity, not formal, so there is no style of drinking tea like the Japanese. The Vietnamese have a royal tea style with the same method as the Japanese tea ceremony, but it is not publicized among the people. The masses only like to drink rustic, mass tea and communicate with the majority in the space of the village, so it is not suitable for ethical tea in Japan. Hanoians often sit around a small shop side on the street sidewalk, drink tea and talk intimately with each other, and they can sit and talk in the sky and in the sea all day.

Vietnamese people eating betel nut was a daily habit and popular among both men and women until the 60s of the twentieth century.

Betel nut becomes an intimate object and also an object to communicate and behave in daily life. It is customary for people to carry a bag of betel nuts on their belts. When meeting friends and relatives, they begin to greet each other and each person takes a piece of betel from the other's pocket to eat. A piece of betel is a symbol of loyalty, affection, kindness, and harmony. A piece of betel becomes an object that receives guests and intimate exchange: "A piece of betel is the beginning of the story". Betel nut has become a symbol of warm salty, deeply stick-to-glue paint love between husband and wife, so when getting married, betel nut is always a wedding guide.

2.2. The dishes are integrated and spread internationally

2.2.1. The dishes are received from the gastronomy of Western

Vegetables and drinks: lettuce, cabbage, kohlrabi, radish, potato, coffee, milk. Dishes from meat such as sautéed meat, and roast meat. Dishes made from wheat flour such as loaf, pillow bread, and soup cake. Pastries made from flour: biscuits, cakes, sticks, etc. Canned foods such as canned fish, canned meat, etc. All those dishes were influenced by France.

2.2.2. The dishes are received from South Asian countries

Chinese-influenced dishes such as dumplings cake, soy sauce, Cao Lau, wonton noodles, soya curd, tofu, and vermicelli. Fried foods are high in fat. Ancestor cake in Quang Nam is made by the Chinese Trieu Chau and named to remember their ancestral homeland. Thai Lao-influenced dishes are Thai hot pots and spicy hot noodles with 7 levels. Korean-influenced dishes such as kimchi.

Indian-influenced dishes have a curry flavor as curry bread. According to historian Lizzie Collingham in "A Tale of Cooks and Conquerers", the birth of the curry originated with the British East India Company (EIC), a business of the British Empire in India. Curry is a loanword from Portuguese, combining the two words *carree* and *caril*, used to refer to Indian broths. All of these words are derived from the word *karil* of Kannada and Malayalam or the word *kari* (കറി) from Tamil, both used to refer

to spices and stir-fries (Collingham, Elizabeth M, 2006).

2.2.3. The dishes spread internationally

Nem (fried pork hash rolls) has become a famous dish in the French dictionary. Dictionaries from the time of Alexandre de Rhodes compiled in 1651 have the word "nem". The French Larousse dictionary recognizes "nem" as a specialty of Vietnam (*spécialité Vietnamienne*). Doctor of Literature TRẦN THU DUNG (Paris), She proved the origin of the words Pho, Nem, Gio Cha, and Nuoc Mam to protect and honor Vietnamese culinary culture. https://vi.wikipedia.org/wiki/Tr%E1%BA%A7n_Thu_Dung



(Table 1, Figure 1).Nem lụi (fried pork hash rolls)

Vietnamese gastronomy in the prestigious Oxford dictionary: Pho and Banh Mi are enrolled. In 2007, the word "Pho" was added to the Oxford English dictionary. Beef pho regularly tops the list of the most delicious dishes in the world voted by many prestigious magazines. Pho has been voted by CNN, BBC, and Business Insider many times as the top best dishes in Asia. In 2016, World Records Union - Wordkings, pho was one of three Vietnamese dishes in the top 100 most delicious dishes in the world.

In 2011 the Oxford dictionary recognized "Bánh mì" and it was given in the top 10 best sandwiches in the world. This popular dish has been praised by foreign newspapers such as The Guardian, National Geographic, BBC, and Tripadvisor. The US travel site Fodor's Travel 2016 presented 20 of the world's best street

foods, in which Vietnamese Banh mi tops the list.



(Table 2, Figure 2). Phở bò (Beef Pho)



(Table 3, Figure 3). Bánh mì ổ (Bread loaf)

Bun Cha (rice vermicelli grilled chopped) is a dish in CNN's top 10 summer delicacies, and National Geographic's top 10 best street foods in the world. Vietnam's bun cha is so famous that President Obama when visiting Vietnam in 2016 went to a bun cha restaurant to eat with chef Anthony Bourdain in Le Van Huu, Hanoi.



(Table 4, Figure 4). President Obama with chef Anthony Bourdain

Egg coffee is a beverage originating from Vietnam made from coffee with chicken eggs and sweetened condensed milk. This is a

specialty of Hanoi that is rated by CNN as one of the 17 best coffee dishes in the world.



(Table 5, Figure 5). (Egg coffee)

Beef rice vermicelli (Bún Bò) is popular in all three regions in Vietnam and also in overseas Vietnamese. In an episode of the program "Anthony Bourdain: Parts Unknown" broadcast on CNN, the famous American chef commented: "Bun Bo Hue is the best soup in the world". The Asian Record Organization has also put Bun Bo Hue in the top 100 Asian delicacies in 2016. The Asian Record Organization has also put Bun Bo Hue in the top 100 Asian delicacies in 2016. It's called beef noodle soup, but the ingredients include pork leg meat, a piece of boiled pork blood, a fried crab roll, or a beef, special spicy.



(Table 6, Figure 6). Bún giò heo (pork leg rice vermicelli)

Bun Rieu crab is a traditional Vietnamese dish that is widely known domestically and internationally. Rieu crab is a sour soup cooked from crab bricks, pounded crab meat, and filtered into crab juice. There are many shops selling crab rice vermicelli on the

streets of Vietnam and it is also present in many countries around the world.



(Table 7, Figure 7). Bún Riêu cua (crab rice vermicelli)

Goi Cuon (Spring rolls) is one of two Vietnamese dishes featured in CNN's list of the 50 most delicious dishes in the world in 2011, also known as Nem Cuon. After that, many travel advice sites such as Rough Guides were also introduced to visitors. Goi Cuon is shaped like spring rolls, including green vegetables, minced pork, shrimp, or crab.



(Table 8, Figure 8).Nem Cuốn (Spring rolls)

Banh Xeo (rice pancakes folded in half) is one of the Vietnamese dishes participating in the 2016 Street Food Congress (WSFC) held in Manila, Philippines, in 2016. According to CNN, this is one of the top favorite street foods and continues to be the attractive dish of 2017.



(Table 9, Figure 9).Bánh Xèo (rice pancakes folded in half)

Hoi An Cao Lau (Cao lau rice noodles) was once mentioned by CNN as one of the best dishes in Vietnam and voted by Traveler (Australia) as the best street food in Asia.



(Table 10, Figure 10).Cao Lầu (Cao lau rice noodles)

The travel site The Culture Trip has put Mi Quang (Quang rice noodles) on the list of 20 most worth-trying dishes in Vietnam not to be missed when coming to the Central region. At the same time, it is also one of 12 Vietnamese dishes recognized for Asian culinary value and recommended by Roughguides as one of the 10 must-try dishes when coming to Vietnam.



(Table 11, Figure 11).Mi Quảng (Quang rice noodles)

III. CONCLUSION

Vietnamese gastronomy has a diverse character of tropical agricultural foods. The mostly dishes are products of rice, bulb, fruit, and vegetables. Vietnamese culture is the water culture, so the "water" becomes the symbol of the country, called "Nước Việt Nam" (the Nation Vietnam). Because Vietnamese people live in a

water environment so they prefer dishes have water. Vietnamese cuisine has a collective community character. Vietnamese people like to eat and drink with family members and friends, they eat and talk while eating.

Vietnamese gastronomy also influenced and received the dishes of South Asian and Western countries. In the reception of food and dishes from other countries, the Vietnamese have the creativity to make the dish typical to Vietnamese cuisine and become a world-famous dish. That is the integration, acclimatization, and change of Vietnamese culture through culinary characteristics.

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