



International Young Naturefriends

Celebrating Tet:

- a plant-based taste of tradition -



A Celebration of Culture, Sustainability & Mindful Living

Tet (Lunar New Year) is a time of joy, togetherness, and tradition. Through food, we connect with our heritage, our loved ones, and nature itself. This flashcard set introduces six traditional Vietnamese dishes that are not only delicious but also reflect the values of sustainability, conscious living, and cultural appreciation—core principles of the International Young Naturefriends (IYNF).

Each recipe highlights:

- ✓ **Nutritious, Wholesome Ingredients** – Using fresh, locally sourced produce and time-honored cooking methods to nourish both body and mind.
- ✓ **Sustainability in Action** – Minimizing waste, maximizing resources, and celebrating plant-based elements alongside responsibly sourced proteins.
- ✓ **A Hands-On Learning Experience** – Cooking is more than just making food; it's an engaging, joyful, and educational activity that deepens our understanding of mindful consumption.
- ✓ **Cultural Exchange & Connection** – Every dish carries a story, offering an opportunity to explore Vietnamese traditions while sharing and learning with others.
- ✓ **Community & Togetherness** – Just like IYNF fosters social engagement, preparing and enjoying these dishes brings people closer, encouraging collaboration and meaningful connections.

SUBSTITUTES

Vegetarian Seasoning Powder

Alternative Version #1:

8g ground dried porcini mushrooms
4g sea salt
3g garlic powder
3g onion powder
1g ground dried thyme
1g white pepper powder

Alternative Version #2: *Miso-Based Paste Version*

17g white miso paste
5g nutritional yeast
2g sea salt
3ml olive oil (to help blend)

Method for Making the Powder:

- If using whole dried mushrooms, grind them to a fine powder in a spice grinder
- Mix all ingredients thoroughly in a small bowl
- Store in an airtight container in a cool, dry place
- Will keep for about 1 month

Note: For the miso version, mix all ingredients into a paste. Use slightly less than the powder version as it's more concentrated.

Crispy Dipped Cookies

Prep. time: 15 | Cook time: 40 | Servings: 3



Bánh Nhúng is a simple, flavorful dish enjoyed during Tet. With delicate rice paper dipped in savory sauce, it's quick to prepare and a light, fresh addition to Tet gatherings.

INGREDIENTS:

- 50g all-purpose flour
- 35g rice flour
- 35g brown sugar
- 25ml coconut cream
- 10ml sweetened condensed milk
- 50ml fresh milk
- 1 egg
- 5g vanilla powder

EQUIPMENTS

- Bowls
- Whisk
- Deep frying pan
- Special cookie mold/press



Swedish Rosette Iron (Rosettjärn) - these are similar in function and design to the Vietnamese mold

DIRECTIONS:

Prepare the liquid mixture:

Combine fresh milk and condensed milk in a bowl, stir until well mixed

Add brown sugar and coconut cream, stir until dissolved

Beat in one egg and add vanilla powder, mix well

Mix the batter:

Sift both rice flour and all-purpose flour into the liquid mixture

Whisk until you have a smooth batter

The consistency should be medium - not too thick or too thin

Strain the mixture:

Pass the batter through a fine sieve

Use a flat whisk to press through for a smooth, even consistency

Frying the cookies:

Heat plenty of oil in a deep pan over medium-low heat

Dip the cookie mold into the hot oil for 2-3 minutes to heat it

Remove and drain excess oil

Dip the heated mold into the batter (don't submerge completely)

Immediately place in hot oil

Gently shake the mold to release the cookie

Fry until golden brown on both sides

Vietnamese Fried Spring Rolls

Prep. time: 15 | Cook time: 30 | Servings: 4-6



INGREDIENTS:

- 400g rice paper wrappers
- 60g mung beans, soaked and cooked
- 300g firm tofu
- 200g carrots, julienned
- 400g taro or parsnip, julienned
- 200g jicama or kohlrabi, julienned
- 50g glass noodles (bean thread noodles)
- 30g dried wood ear mushrooms
- 2 green onions, finely chopped

- 2g black pepper
- 5g salt
- 10g sugar

Dipping Sauce:

- 30ml vegetarian fish sauce
- 30ml pineapple juice
- 30g sugar
- 60ml warm water
- 1-2 bird's eye chilies, finely chopped
- 1 lime, juiced
- 1 clove garlic, minced

DIRECTIONS:

1. Heat 30ml oil in a pan and sauté crumbled tofu with 5g vegetarian seasoning powder until lightly golden.
2. In a large bowl, combine: Sautéed tofu, cooked mung beans, prepared vegetables, chopped mushrooms, glass noodles, green onions, all seasonings.
3. Mix well and taste, adjusting seasonings if needed.
4. Rolling the Spring Rolls: Mix flour and water to make a paste for sealing → Place rice paper wrapper on a clean surface → Put about 30g of filling near the bottom edge → Fold bottom edge over filling, then fold in sides → Roll tightly upward, sealing with flour paste → Repeat until all filling is used.
5. Frying: Heat oil in a deep pan to 175°C. Fry rolls in batches until golden brown (about 5-7 minutes). Drain on paper towels.

Making the Dipping Sauce:

Combine all sauce ingredients in a bowl. Stir until sugar dissolves. Let sit for 5 minutes before serving.

Tips:

- *Keep rolled spring rolls covered with a damp cloth while working to prevent drying.*
- *For extra crispiness, you can double-fry the rolls.*
- *Rolls can be frozen before frying - place on a tray with 2cm space between each roll until frozen, then transfer to a freezer bag.*
- *Serve with lettuce leaves and fresh herbs for wrapping.*

Vietnamese Spring Rolls



Prep. time: 10 | Cook time: 30 | Servings: 4

Pho Cuon Chay is a light and refreshing Vietnamese dish featuring rice noodle rolls filled with fresh veggies, mushrooms, and vegetarian proteins. Served with a tangy dipping sauce, it's a healthy and flavorful treat!

INGREDIENTS:

- 150g rice flour
- 40g tapioca starch
- 40g cornstarch
- 100g vegetarian sausage
- 10g shiitake mushrooms
- 10g wood ear mushrooms
- 50g lettuce
- 4 chili peppers (optional)
- 10g green onions
- 5g garlic
- A small amount of coriander

Dipping Sauce:

- 45ml lime juice
- 75ml fish sauce
- 30g sugar
- Salt to taste

DIRECTIONS:

1. Prepare proteins: Stir-fry the shiitake mushrooms, wood ear mushrooms, and vegetarian sausage for 3-5 minutes.
2. Prep vegetables: Wash and chop herbs
3. Soften rice paper with water
4. Layer ingredients: Noodles, herbs, meat, proteins
5. Roll tightly into spring rolls
6. Prepare dipping sauce by mixing ingredients

SERVING SUGGESTIONS:

1. Serve cold with dipping sauce
2. Best as appetizer or light meal
3. Pair with light white wine or beer



Wrapping the rolls

Sweet Mung Bean Pudding

Prep. time: 10 | Cook time: 50 | Servings: 1



INGREDIENTS:

- 250g hulled mung beans
- 40ml coconut cream
- 250g sugar
- 3g salt

DIRECTIONS:

1. Prepare the mung beans: Wash the mung beans three times, removing any broken beans or impurities that float to the surface. Soak the beans in water (just enough to cover them) for 3-4 hours until softened.

2. Cooking method: Drain and rinse the soaked beans twice. Place in a pot and add just enough water to cover the beans. Add 1/2 teaspoon salt. Bring to a boil over high heat. When it starts boiling, skim off any white foam from the surface. Cover, reduce to lowest heat, and simmer for 40 minutes. After 40 minutes, when beans are soft, add 250g sugar and stir well. Add 2 tablespoons coconut cream and stir continuously for 7 minutes. Turn off heat and keep covered.

3. Final steps: Transfer to a large bowl and let cool completely. Once cooled and set, turn out onto a plate. Cut into desired shapes. Serve with additional coconut cream drizzled on top if desired.

TIPS FOR SELECTING INGREDIENTS:

- *Choose medium-sized, uniform mung beans that are yellow, shiny, and firm*
- *Avoid broken beans or those with unusual coloring or musty smells*
- *You can use canned coconut cream or make your own fresh coconut cream*



Thanks to its distinctive sweetness, richness, and chewy texture, Chè Kho (Sweet Mung Bean Pudding) - a specialty of Ha Nam province in Northern Vietnam - is often enjoyed with tea (green/ herbal tea). It's an essential traditional delicacy that Vietnamese people cannot miss during Lunar New Year celebrations.

Caramelized Plant-Based Bites



Prep. time: 30 | Cook time: 30 | Servings: 4

Vietnamese Caramelized Tofu & Tempeh is a plant-based take on Thịt Kho Tàu, a traditional dish enjoyed in daily meals and Lunar New Year feasts. Simmered in coconut water, tofu or tempeh absorbs a rich, savory-sweet flavor, making it a hearty, comforting dish best served with steamed rice.

INGREDIENTS:

- 250g firm tofu (pressed & cubed) or 200g tempeh/seitan, cut into 3-5 cm cubes
- 4-6 quail eggs (optional)
- 400ml coconut water (or substitute with chicken stock if unavailable)
- 10g minced shallots
- 10g minced garlic
- 1 green onion, chopped
- 30ml vegetarian fish sauce or light soy sauce
- 12g sugar
- 1/3 vegetable bouillon cube
- 3g ground black pepper
- 20ml neutral cooking oil (sunflower or vegetable oil)

DIRECTIONS:

Marinate the Tofu/Tempeh/Seitan

Press and cube 250g firm tofu (or use 200g tempeh/seitan, cut into 3-5 cm cubes).

In a bowl, mix with: 10g minced shallots, 10g minced garlic, 30g light soy sauce, 12g sugar, 3g ground black pepper 1/3 of a vegetable bouillon cube

Cover and let marinate for 15-20 minutes.

Boil the Quail Eggs (Optional)

Bring a pot of water to a boil.

Add a pinch of salt to help with peeling.

Simmer 4-6 quail eggs for 7-8 minutes, then cool in cold water and peel.

Make the Caramel Sauce

Heat 2 tbsp sugar over low heat in a pan.

Stir until the sugar melts into a golden brown color.

Carefully add a splash of water (be cautious of steam).

Stir well to create a rich brown caramel sauce.

Tip: *Avoid overcooking the sugar to a black color, as it will turn bitter.*

Braise the Tofu/Tempeh/Seitan in Coconut Water

Heat 20g neutral cooking oil in a pot.

Add the marinated tofu/tempeh/seitan and sear until golden brown.

Pour in 400ml coconut water (or vegetable broth if unavailable).

Add the peeled boiled quail eggs (optional).

Cover with a lid and let simmer for 10–15 minutes over low heat.

Tips:

For deeper flavor, marinate the tofu/tempeh/seitan overnight in the fridge.

Do not cover the pot while simmering—this helps keep the sauce clear and glossy.

Serve & Enjoy

Turn off the heat and let the dish sit for a few minutes before serving.

Garnish with chopped green onions.

Serve with steamed rice and pickled vegetables for a balanced meal.