
Children of Vietnam



Project Title: Empowering Foundations for Women and their Children (EFWC)

Location: Vietnam

Additional Information

Children of Vietnam was granted \$26,947 in April 2009 for a vocational program that provided family housing, vocational training for mothers, educational scholarships for children, and bicycles for transportation. We sponsored five families in which a woman is the head of the household and sole breadwinner and gave scholarships to 40 women at the Vocational Training School supported by COV. Furthermore, because children in Vietnam do not receive free education and families are required to pay approximately \$38 a year to send a child to school, COV helps children attend school, and DFW will give 100 scholarships through COV's program. Finally, children from poor families have no means of transportation and often walk 4–5 miles to school. To help, DFW will purchase bicycles for 35 girls through COV's bicycle program.

In 2012, we granted \$60,098 over two years to support the Empowering Foundations for Women and Their Children (EFWC) program. EFWC is a special initiative to promote income sustainability for struggling, single mothers. DFW supported 75 women through EFWC that will work to develop personal empowerment plans to lift families out of poverty through training, microloans, healthcare and improved housing.

In October 2013, the organization provided this update with its interim report:

The last six months of 2013 in Empowering Foundations for Women and Their Children we have focused on enrolling additional women and also providing skills training. During our workshops we provided information on business management and

childcare. Importantly, we also wanted to build each woman's self-esteem and sense of community. After one of the workshops the words of one woman says it all:

“**N**ow I know I have a community of women in similar situation. I do not feel lonely anymore.”

The women being assisted communicate best the impact of the Dining For Women grant, “My life has changed so much since I joined in EFWC Program. In the past, when the new school year came, I had to borrow money from our relatives to spend on school fee, school supplies, and course-books for my daughter and son. Now, I can bear these expenditures.” Thank you Dining for Women!

Why we love the EFWC program: This is a powerful program with an individual approach as these women face a myriad of barriers that trap them in poverty. It requires a multi-faceted effort to confront the causes of poverty as a single solution often fails. EFWC will work collaboratively with each woman to develop an empowerment plan by assessing needs, identifying strengths and defining personal goals. Ultimate GOAL: for each mother to be in charge of her future and to earn a stable income that sustains the family.

Grant Amount: \$26,947.25

Grantee Website: www.childrenofvietnam.org

Areas of Impact: Economic Sustainability, Education & Literacy, Safety and Security

Mission of Children of Vietnam

Changing the lives of impoverished, homeless and handicapped children in Vietnam by addressing the root causes of poverty for vulnerable populations including impoverished single mothers with dependent children.

Project Summary

EFWC is a special initiative to promote income sustainability for struggling, single mothers. DFW will support 75 women through EFWC that will work to develop personal empowerment plans to lift families out of poverty through training, microloans, healthcare and improved housing. DFW's goal is to provide a grant for \$45,000 to be disbursed over a 2 year period.

Why We Love This Project

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Thanh's Story

During a February 2014 visit, a DFW travel group met several women involved with the EFWC program. [This is Thanh's story.](#)

Video



Theme: Single Mothers Empowered through Individualized Approach

Monthly Theme and Discussion

According to the most recent World Bank statistics (2008), 43.8 percent of people in Vietnam live on less than two dollars a day. The widespread poverty strikes women harder than men. According to The World Factbook from CIA, female unemployment rates are 1.25 times that of men. An added factor: Men can obtain a divorce far easier than women, and the women are left on their own to support their families.

Children of Vietnam's Empowering Foundations for Women & Their Children (EFWC) focuses its efforts on empowering single mothers of Da Nang city to make their own living through microfinance, healthcare



services, housing improvements, and education and job training. Because of the uniqueness of this approach, we take an in-depth look at this model.

Prioritizing EFWC's Services

To help determine where services should be prioritized within the community, *Children of Vietnam* uses an impressive and extensive "Household Circumstances" survey to learn the level of need within each family.

The survey includes observations of circumstances and questions completed by both the mother and an outside observer. Point values are assigned to the responses based on the severity of the woman's situation. The survey covers factors ranging from income level and housing needs, to family medical expenses. Examples of survey questions and observed information include:

- ❖ What is the condition of the house?
- ❖ What household equipment and assets does the mother possess?
- ❖ What is the household's monthly income?
- ❖ How many people are in the household?
- ❖ How many generations live together in the household?
- ❖ What are the expenses paid for the education and medical care for the child/children in the last 6 months?
- ❖ Does the single mother have to borrow money to cover expenses for education and medical care?

By closely examining such a wide range of factors, COV can more effectively determine which families are in most dire need of its services. These barriers women face trap them in poverty.

“Substandard housing begets poor health, which reduces income and increases living costs and limits the amount of children’s schooling, particularly girls.”¹

Through a powerful combination of services, EFWC then provides a holistic and individualized approach tailored to the needs of each woman and her children. The goal of this **empowerment plan** is to create self-sufficiency for each woman and her family.



EFWC Services

Microloans

EFWC provides collateral-free credit to single mothers to open small businesses such as small food stands, hairstyling, and variety store businesses, and to purchase cows and pigs to raise and sell. With past microloans, 60 percent were used for infrastructure investment (shop stall, motorbike, washing machine, etc) and 40 percent on raw materials. One of the greatest strengths of the microfinance model is that these single mothers can make investments they could not have otherwise made. The business can create long term income for their family, and COV reports that over 97 percent of the loans are repaid to start the microloan cycle again for other women.

Healthcare

Good health is an asset that allows single mothers to work and children the opportunity to learn. The cost to medical treatment can be devastating and keep a family in the cycle of poverty. This creates hunger, which leaves the family vulnerable to disease and continued ill-health and the cycles continues. ² EFWC will provide medical services if a condition is inhibiting women from working.



Housing

Wind blowing through bamboo walls, rain leaking through rusted metal roofs, damp mud floors and no toilets for sanitary waste disposal are daily challenges many single mothers face. These poor conditions can increase the risk of poor health, parasite infections, impact the mother’s ability to work and increase children’s absence from school. Addressing their housing conditions will improve their situation.

¹ Children of Vietnam’s web page <http://www.childrenofvietnam.org/en/special-initiatives/101-empowering-foundations-for-women-a-their-children.html>

² <http://siteresources.worldbank.org/INTPAH/Resources/Publications/Dying-for-Change/dyifull2.pdf>

Job Training and Education

Vocational training for the single mothers prepares them for employment and business opportunities. The EFWC curriculum consists of six months of daily instruction including actual on-the-job training or practice. Examples of training programs include sewing, tailoring, embroidery, beauty salon services, hotel services and computer training.

EFWC also provides educational scholarships for children. Mothers are required to keep their children in school as part of this program. The goal is to help women understand the need to keep children in school and expand their future opportunities to break the cycle of poverty. After 12-18 months, it is expected that mothers will be able to pay school fees without EFWC support.

The causes of poverty are multi-faceted and interrelated. Single services are often not enough to overcome the barriers these women face. An empowerment plan collaboratively tailored for each woman will resolve immediate needs, develop life-long skills and provide tools for self-reliance.

Millennium Development Goals

The Millennium Development Goals (MDGs) are eight objectives designed by the UN to improve social and economic conditions in developing countries by the end of 2015. Each month we focus on the MDGs impacted by our theme and our featured project.

This month *Children of Vietnam* addresses two of the UN’s Millennium Development Goals: to “Promote gender equality and empower women” and “Eradicate Poverty and Hunger” by 2015.



Goal 1: Eradicate Poverty and Hunger

Income levels in Vietnam are alarmingly low, and economic growth has been stagnant, especially with the financial crisis globally. By encouraging women to start small businesses and educate themselves to obtain better jobs, *Children of Vietnam* not only improves the situation of the women, but the economy as a whole.

Goal 3: Promote gender equality and empower women

Women in Vietnam often play an active role in bringing home an income to support their family, and as a whole, do not suffer from extreme income inequality. As income is low for both men and women in Vietnam, this creates a situation in which the family becomes reliant on both parents’ income. Because of divorce laws, the families of single mothers are hit extremely hard when the father leaves.

Children of Vietnam offers mothers the chance to earn an income capable and support their families by starting a business of their own.



Discussion Questions

1. In addition to microcredit for businesses, *COV* also funds education and job training for single mothers in Vietnam. What are the advantages and disadvantages along with the risks for women starting their own business versus seeking a job in the traditional job market?
2. Why is it imperative for *EFWC* to do an extensive assessment survey of the mothers it serves? Do you think the empowerment plan available through *EFWC* services is the solution for these women?
3. Each mother goes through an assessment of '**Household Circumstance**', example found on the DFW program web page for *COV*, www.diningforwomen.org/node/1067. Review the questions and consider answers to your situation. Although we do not have the scores for the mothers assessed, what are your thoughts about the questions? How do you think your answers compare to some of these single mothers' answers? Do you agree with the holistic approach to helping these women versus for instance just providing them with improved housing or medical services?

Source Materials:

- *Children of Vietnam* website
- Material provided by *Children of Vietnam*

Children of Vietnam



Ben & Huong Founders



Initiatives

- Health Care
- Nutrition
- Education
- Housing
- Empowering Foundations for Women & Their Children
- Hope System of Care for Children with Disabilities





HOUSING



NUTRITION



EDUCATION



HEALTHCARE

**HOPE
SYSTEM OF
CARE FOR
CHILDREN
WITH
DISABILITIES**



**EMPOWERING FOUNDATIONS
FOR WOMEN & THEIR
CHILDREN**



Foundations of a Charity

- *Keep the focus on the children*
- *Operate with transparency and integrity*
- *Make lasting change for children working directly or indirectly*
- *Work at the community level and as close to the children & families as possible utilizing community-based solutions*
- *Leverage all resources to the fullest including partnering with other nonprofits, local organizations and authorities*



Why Single mothers & their children



A robust body of evidence shows that women's access to resources has a direct impact on child survival, welfare and education

Empowering Foundations for Women & Their Children

***A powerful combination of
microloans, healthcare, education and
housing***

**resolves immediate needs and
develops a path out of poverty**

Guided by the recognition that women face a myriad of barriers



Work with each woman to assess needs, identify strengths, and define personal goals.

Ms. Hai



Ms. Hai was ready for business in 24 hours.

Microloan

\$90 to buy store supplies & noodle pot

Monthly repayment \$5 over 18 monthly

Bike

\$70 for son's school & transportation to buy supplies

Tutoring

\$23 per month to help 11th grade son graduate from high school



The ultimate goal is for the mother to be in charge of her future and . . .

Ms. Hanh



Her children to stay in school and an opportunity for a brighter future.





Ms. Hanh earnings were limited by what she could carry in one pot.

Her only solution was to take her daughter out of school to help earn more money. Until . . .

Microloan

\$350 to buy noodle cabinet, umbrella, chairs and supplies

Tutoring

\$23 per month to help 11th grade daughter graduate

Depending on need, support could include new housing and healthcare.





Partnerships with the Women's Union and local authorities leverage our resources.



From mothers and their children . . .





*“ We promise
we will make every effort
to run our businesses well
and keep equipment in good condition.
Finally, we say thank you to the donors
and to those who have good heart to
support us.”*

Thank you from Children of Vietnam !



Children of Vietnam

**The cycle of poverty can be broken
for generations to come...**

Empowering Foundations for Women & Their Children

*Please join us in helping these mothers find a path out of
poverty for themselves and their children.*

**Donate on-line at www.childrenofvietnam.org
or call 336-727-1110**



Chapter Leader Talking Points May 2012

Featured Program: "Empowering Foundations for Women & Their Children", Children of Vietnam

A foundation that provides microloans and vocational training, as well as medical services and other necessities to single mothers in Da Nang City and surrounding region.

Our goal: \$45,000

Monthly theme: *Empowering Single Mothers through Individualized Approach*

UN Millennium Development Goals Focus:

#1 – Eradicate Extreme Poverty and Hunger

#3 – Promote Gender Equality and Empower Women

Ice Breaker

- How does access to credit help you in your everyday life? How would your life be different if it was impossible to get a loan to buy a house, a car, or day-to-day purchases made on a credit card?
- Do you or somebody you know own a small business? What unique opportunities and challenges come with this?

This Mother's Day: Empower Women and Girls

Through DFW's "Cards and Flowers" Mother's Day Campaign you can honor mothers in your life and support our mission of empowering impoverished women and girls living in developing countries. Select from three beautiful online cards featuring images of women we have served around the world.

You can also honor your mother or a special woman by sending flowers that last forever with a bouquet of fair-trade, felt flowers made by Nepalese women working their way out of poverty.

See www.diningfowomen.org/mothersday for more information and to order now!

DFW's Impact

The BOMA Fund Final Report: Our investment helped 156 women and 780 children in Kenya survive the drought by funding 52 new women-led enterprises in remote Kenya. DFW also supported a microsavings training program for 60 businesses created by our 2009 DFW grant. Read more in the final report on our Program Follow-up Report webpage.

Impact in the Field: With support from DFW, Shining Hope's Kibera School for Girls, is now educating 100 students in Pre-K through third grade. See the wonderful newsletter story about the young girl, Diana, whose life has been changed by Shining Hope and support from DFW.

2012 Donations: Due to the growth we are experiencing, the DFW office is very busy with new chapters joining from all over the U.S. and across the world. We expect to add 220 new chapters over the next few months to our already **297 active chapters!** Look for an update on our donations next month.

Media Mention: Please see the DFW homepage and '*In the News*' webpage for most recent major coverage.

Next month's featured programs: *Maasai Girls Education Fund* and *Huru International* in Kenya. Maasai Girls Education Fund supports critical community educational workshops in preventing FGM, HIV, teen pregnancy and early marriage. Huru International improves educational outcomes for 1,625 at-risk adolescent girls through the distribution of reusable sanitary pad kits and HIV and health education.

Recipes, Cuisine and Customs of Vietnam

Children of Vietnam, Empowering Foundations for Women and Children

May 2012

Vietnam is a land of contrasts. Glitz and sophistication can be seen in modern Ho Chi Minh City and the luxury hotels and resorts that have sprung up all over the country. Hue, in the center, celebrates the splendor of the Mandarin influenced Imperial City and in the North, the elegance of French colonial architecture can be experienced in Hanoi. Elsewhere in the countryside, one can see the rural Vietnam of rice patties and simple village life, but the one common denominator throughout the country is a delicious cuisine of fresh foods that are artfully prepared and filled with tradition.



Vietnamese cuisine.

One hasn't experience Vietnam until they've had a bowl of the traditional beef noodle soup, Pho, for breakfast, sampled the wide variety of traditional rice noodle dishes such as Banh Cuon and Banh Xeo, eaten a clay pot dish and drunk a Tiger beer or glass of cafe sua da - strong iced coffee with sweetened condensed milk.

Nuoc mam is Vietnam's universal flavoring, used in almost every savory recipe. Since it is a fish sauce, it has an aroma and flavor that can take time to become accustomed to, but it is at the core of

Because Vietnamese food is somewhat complicated to make and takes a long time to prepare, many Vietnamese frequent street food stalls or small restaurants where the entrepreneur may only prepare one dish and sell it very cheaply. It is almost a guarantee that a street vendor who is surrounded by a swarm of people sitting on little stools on the street indicates the chef has worked long and hard to perfect the one or two dishes to perfection.

A few words of precaution: Sanitary standards may not up to those most Westerners are accustomed to, so be careful of uncooked vegetables and raw meat from street vendor stalls and restaurants that don't cater to tourists. The same goes for ice and water. All of these may be fine in an international hotel catering to foreign tourists, but otherwise stick to bottled water and beer.

Because kitchens are typically small (meals may be cooked over only one burner and ovens are not common), Vietnamese meals are prepared and served in courses. Ask how many dishes are coming so you will have room for those served last.



Great care is taken selecting chopsticks (many tourists bring their own to insure cleanliness) and wiping them on the small paper napkins that may or may not be available is customary. A damp cloth in a small plastic bag is often provided to wash face, neck, hands and chopsticks. Slamming the bag between ones hands, creating a loud pop to open the bag is perfectly acceptable and discreetly using a toothpick after a meal is considered a tribute to an excellent meal. The small napkins mentioned above are frequently thrown on the floor in small local restaurants and not picked up until the restaurant closes, somewhat offensive to our mostly litter free environment.

Etiquette

A slight bow of the head and cam on (thank you) is always appreciated. Several other points of etiquette include:

- ❖ Vietnamese traditionally gently grasp with two hands when greeting each other accompanied by a small bow to show respect.
- ❖ Don't pat babies or children on the head, but they are to be admired with a touch elsewhere.
- ❖ Motion for someone to come to you with the palm facing down with fingers moving toward the palm.
- ❖ Women should not wear short skirts, shorts or have bare shoulders unless at the beach or hotel.
- ❖ Take off shoes when entering a pagoda or someone's house.
- ❖ It's not uncommon for friends of the same sex to hold hands, but public displays of affection between those of the opposite sex is inappropriate.
- ❖ Vietnamese commonly ask foreigners personal questions such as, "How old are you?"
- ❖ Leave a bit of food on your plate so your host will feel they have been generous and provided enough food.
- ❖ Chop sticks should not be left sticking out of a bowl, but set horizontally across the top of the bowl or on the side.
- ❖ Place food from serving plate into rice bowl to eat and bowl can be brought up close to the mouth to eat.
- ❖ Foreigners should not engage in conversations related to sex, religion or politics.



Recipes

Goi Cuon-Fresh Spring Rolls

1/2 lb. medium shrimp, deveined and peeled
1/2 pkg. (about 1/2 lb.) rice stick noodle
1/2 chives or scallions, cut into 2" lengths or in rings
1 1/2 cups fresh herbs, such as mint, Thai basil and cilantro
1 pkg. circular rice papers, 8" in diameter, basket weave embossed
Black sesame seeds

Boil shrimp in water until it just turns pink. Drain, cool under cold water to stop cooking and slice each in half lengthwise.

Cook rice stick noodles in about 8 cups of boiling water for 3-4 minutes until tender. Drain in colander and rinse under cool water.

Wash and dry herbs, removing tough stems and cut herbs into 2" pieces.

Place warm water with 1 tsp. of sugar in a pie plate or shallow bowl. Submerge a rice paper in water, rubbing gently then set aside on baking sheet to soften, working two at a time. When soft, lightly sprinkle black sesame seeds over one rice paper and top about 1/4 way up from the bottom a small layer of herbs from side to side, topped by about 2 Tbs. rice noodles and two shrimp halves, side by side. Avoid over stuffing.

Beginning at the bottom roll the small curved edge over the filling, and roll a little more pulling toward forward to make a tight roll. Fold in each side just to encase filling and continue to roll, pulling tightly. Don't worry if your roll doesn't look perfect at first. This takes a little practice and when dry, imperfections disappear.

Rolls will be sticky so don't stack and don't let them dry out. I wrap several rolls, side by side, and wrap in plastic wrap. Rolls should be eaten at room temperature and should be served within two hours.

Serve with Nuoc Cham-spicy dipping sauce or peanut sauce.

Makes 30-35 spring rolls, can be served as an appetizer or main dish





Dining for Women

Nuoc Cham-Spicy Fish Sauce

- 4 small or 2 large garlic, crushed
- 1 TBS. sweet chili sauce or 2 chili peppers
- 1/4-1/2 cup of sugar
- 1/2 cup fresh lime juice, including pulp
- 1/2 cup water
- 1/2 cup Vietnamese nuoc cham-fish sauce

Combine garlic, chili peppers and sugar and pound to a soft paste with a mortar and pestle or in a food processor.

Add last three liquid ingredient and process to blend gently.

Can be stored in the refrigerator for 4-5 days.

Goi Du Du-Papaya Salad

1 green papaya, about 1 1/2 lbs.
 1 carrot, shredded
 2 limes squeezed, about 1/4 cup juice
 5 TBS. fish sauce
 1/2 bunch scallions
 3 TBS. vegetable oil
 1 clove garlic, minced
 1/4 lb. lean boneless pork
 1/2 lb. medium shrimp
 1/2 tsp. salt
 1/8 tsp. pepper
 Shrimp chips and coriander for garnish



Peel skin off papaya and shred with potato peeler or in food processor with slicer/grater attachment. Pour cold water over grated papaya draining into colander. Shred carrot and add to papaya.

Add fish sauce to lime juice and pulp in small bowl. Set aside.

Chop green part of scallion into 1/4" pieces, save white part for another use or use for garnish. Heat cooking oil in small skillet and sauté garlic for a few minutes and add scallion greens, cooking for another few minutes until limp, but not brown.

Cook pork in small amount of water for 15 minutes, cool and cut in small pieces 1/2"x1".

In separate pan, cook shrimp until just done. Add salt to papaya and carrot, mix then wrap in towel and squeeze in towel to remove excess moisture.

Put papaya mixture in large bowl. Add cooked pork, shrimp, scallions and garlic.

Sprinkle with black pepper. Spoon lime mixture over all, mix and set out on a platter surrounded by shrimp chips and garnished with cilantro.

The dish can be prepared ahead of time, but should only be assembled just before serving. To eat, scoop a chopstick or spoonful of salad onto a shrimp chip.

*These recipes are from the unpublished **Mai Goodness-Vietnamese Home Cooking: Sprints, Traditions and Foods to Bring the Ancestors Home** by Mai Donohue. Mai's story is amazing and inspiring; one of great tragedy and great faith, sorrow and joy. She met her husband Brian, a graduate of Annapolis, in Vietnam in 1968. They were married in Saigon and came to the United States in 1970. They have six children and live in Barrington, RI where Mai is a classroom aide at the high school, teaches cooking classes and cooks the best food anywhere.*



Pork and Shrimp Crepes (Bahn Xeo)

This crepe is fabulous! (Do NOT substitute regular flour for rice flour—it will not work. You can use Bob's Red Mill Ground Rice Flour from the grocery store.) The way to eat this crepe is to cut it into small pieces and wrap each portion, piping hot, in a lettuce leaf, with a bit of mint and/or cilantro, and then dip the stuffed lettuce leaf into the dipping sauce. A little messy to eat but oh so good! Your guests will be happy!!!

Crepe batter:

1 cup rice flour
1 cup water
1 cup coconut cream, not coconut milk
½ tsp. salt
¼ teaspoon turmeric powder
1-2 Tbsp. oil

Mix the rice flour, water, coconut cream, salt and turmeric in a mixing bowl until smooth. Set aside for 10 minutes, then strain any lumps. While the crepe batter is sitting, do the crepe filling.

Crepe Filling:

8 oz. ground pork
8 oz. raw shrimp, shelled and deveined
4 gloves garlic, minced
1 Tbsp. fish sauce
½ tsp. sugar
2 Tbsp. oil
1 small white or yellow onion, halved and sliced

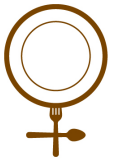
Combine all ingredients EXCEPT the onion and oil, mix well. Heat a wok or large fry pan with the oil, cook the onion first, then add the mixture and cook, stirring, until shrimp turn pink and pork is cooked, about 3-4 minutes.

Frying the crepes: Heat a little oil in a large, non-stick skillet over medium heat. Evenly coat pan with some oil. When the pan is hot, pour 1/3 cup crepe batter and turn the pan so that the entire surface is evenly covered. Take a small handful of the "vegetables for inside the crepes" and sprinkle it over the crepe.

Vegetables for inside the crepes:

3 cups of bean sprouts, cleaned ("seed coats" and tails removed)
2 spring onions, minced
1 cup thinly sliced mushrooms

Immediately follow 2 heaping tablespoons of crepe filling after you have scattered the vegetables over your crepe. Reduce the heat to low, cover the pan and fry for 3-4 minutes, until the crepe has turned golden brown and crispy. Gently fold the crepe in half and slide it



out of the pan and out to a plate. Repeat until all the batter, crepe filling and vegetables for inside the crepes are cooked, add a little oil to the entire surface of the pan before frying each new crepe.

Slice the crepes into sections and arrange with lettuce leaves on a large serving plate. Serve immediately while still hot with the dipping sauce.

For your Lettuce Wraps, use:

20 butter lettuce leaves

Sprigs of mint leaves and coriander leaves

Recipe for Dipping Sauce:

1 red chili, deseeded and sliced

3 cloves of garlic

¼ cup sugar

3 Tbsp. fresh lime juice

1 Tbsp. vinegar (Asian rice vinegar is best but regular vinegar will do)

3 Tbsp. fish sauce

½ cup of water

Grind the chili and the garlic into a paste in a mortar or blender, then combine all the other ingredients and mix until the sugar is dissolved. Here's your dipping sauce.

This recipe is adapted from the book ***Vietnamese Cooking Made Easy***, Periplus Editions Publishers, Singapore, and is available for order on Amazon.

Easy Banh Mi Sandwiches

A couple large baguettes cut into sandwich serving sizes

8 oz. of mild pork pate, from the grocery store

8 oz. pork meatballs consisting of:

1/2 pound ground pork

2 cloves minced garlic

1 Tbsp. minced ginger

1 Tbsp. fish sauce

1 Tbsp. sriracha (a spicy Asian sauce sold in many grocery stores in the Oriental section)

Mix all ingredients well, formed into small meatballs, and pan-fried in sesame oil over a medium heat until done and gold brown on all sides, about 15 minutes

Mayonnaise

Daikon and Carrot pickles: *Slice 1 small, peeled daikon root and 1 carrot, cut into matchstick sized pieces, and then combine in a marinade of ½ cup sugar 1 cup vinegar and 1 cup water; marinate 1 hour before using. Drain marinade off to eat, but store leftovers back into the marinade.*

Sliced jalapeno peppers

Thin slices of cucumber, and/or bean sprouts

Fresh cilantro springs

Sriracha sauce (can usually be found in the supermarket in the Oriental aisle—be careful, it's hot!!)

Optional: One fried egg, over easy, for each sandwich

Assemble your sandwich with pork pate and/or pork meatballs, daikon and carrots, jalapeno peppers (to taste—be careful!) all stuffed into a sliced baguette. Dress the sandwich with mayonnaise, extra vegetables if desired, a hint of sriracha, and some cilantro; top with a freshly fried egg, enjoy!

Makes 8 sandwiches



The Easiest Pho Soup in the World

Maybe this month you're short on time and energy, but would love to serve something authentically Vietnamese to your Dining for Women guests. Here a simply and tasty way to do that.

8 cups of beef broth

(You can make this really easy for yourself and buy 2 containers of Pacific brand Beef Pho Broth Soup Starter)

Or, to 8 cups of beef broth, add 4 Tbsp. fish sauce, 1-2 Tbsp. peeled and chopped ginger, and, as a "flavor bag" 1 cinnamon stick, 1 Tbsp. Coriander seeds, 5 whole star anise, 1 cardamom pods and 6 whole cloves, preferably tied in a mesh bag or cheesecloth. Of course, take the mesh bag out of the broth before you serve the soup!

Boil broth, and after the broth boils for a few minutes, add 1 lb. very thinly sliced beef, barely cooking it (it will cook some more simply sitting in the broth. Take the broth off the burner; add 4 cups of cooked rice noodles, cooked as directed on the packaged. Stir everything together.

Divide the soup mixture into 8 bowls and let your guests "dress" the pho however they want with the following ingredients: bean sprouts, lime wedges, jalapeno pepper slices, chopped green onions, cilantro, and sriracha.

Thanks to Pho Viet Nam Restaurant, Toledo, Ohio for seasoning hints for pho broth, and Pacific Soup Starters for the easy recipe on the back of the soup box!