



Tony Tan

a personal journey

Tony Tan's 2009 Gourmet Tour of Vietnam

11-21 September 2009
11 day / 10 night tour
from AUD \$5,750*

*per person twin share, land arrangements only. For airfares ex Melbourne, please contact Harvey World Travel South Melbourne (see back page for details).



*In association with Harvey
World Travel South Melbourne*

I don't know what it is but every time I go to **Vietnam**, I feel as though I have returned to a place warm and friendly. Maybe it is the familiarity of being a child of the tropics or that my **Vietnamese friends** have imbibed in me that sense of belonging. Perhaps it is the cacophony of shoppers in the **lively markets** or the abundance of street life that gets to me. Or maybe it is the constant banter about the **food** that holds the key to this **fascination**. Or is it the generous people with their wonderful sense of joie de vivre? Whatever the reasons, if you have that sense of adventure and love the colours, the aromas and the excitement of enjoying **one of the world's greatest cuisines**, you will adore this year's culinary journey to Vietnam.

For 11 days, you will be seduced by this most beguiling country with its long fascinating history, its hauntingly beautiful lakes in the north, its frangipani-scented temples in the centre, its lush rice fields in the south, its resilient people and its **exceptional regional foods**. Your tour begins from **beautiful Hanoi**, not only the seat of power but also the centre for the arts, culture, music and poetry. The cooking is considered by many as more pure and **pho**, practically the national dish, emanates from here. From Hanoi, we travel to the **historic UNESCO-listed Hoi An**, not far from the former imperial capital of Hue, to experience the gutsy as well as the elegance and the refined cooking of the centre. Your final destination is Ho Chi Minh City (Saigon), the vibrant and cosmopolitan hub of Vietnam. The cooking is robust and freewheeling southerners are more open to culinary influences. Curries, an Indian legacy, and coconuts, which thrive in the heat, are constantly featured.

Vietnamese cuisine, we all know, is shaped by her long association with **Chinese rule, French colonialisation, Southeast Asian intrusions** and her **fierce individuality**. We also know **this exquisite** cuisine is characterised by the judicious use of fish sauce, the liberal use of herbs and the restrained application of spices to create **that freshness** not seen in any Asian cuisine. In addition, we know the country's food scene is played as much in the streets as it is in the home. Fast forward to 2009 and we have a thriving Vietnamese economy that not only sustains the **vibrant street-food culture** but also some **fantastic high-end restaurants**. This is partly due to the returning **Viet Kieu**-overseas Vietnamese - and also the *doi moi* policy which encouraged foreigners, especially French - to establishing these modern eateries. In the process, Vietnamese cooking is changing at an amazing rate and this makes the gourmet tour to **this exuberant country** all the more exciting.

Included in this deluxe tour are stays in five star hotels (including the **exclusive Nam Hai resort**), visits to bustling **markets, craft villages** and an excursion to the **lush Mekong Delta**. We will enjoy tours to major cultural and historical sights, as well as century-old temples and French edifices. We will also attend cooking classes on the regional cuisines of Vietnam including one exclusively conducted by the Vietnamese chefs of **the Nam Hai**. Finally, we will dine in a wide variety of **handpicked restaurants** to provide us with invaluable insights into what makes the food of Vietnam so delightful and so relevant to the way we eat. Naturally, there is **plenty of time to linger, to shop and to bask in a culture** that will remain with you long after you have returned home.



Tony Tan
Your tour host

Tony Tan was born on the east coast of Malaysia into a restaurant-owning family. He completed his formal training as a chef in Australia and in France at La Varenne. Since then Tony has become a prominent figure in Australian culinary circles, first on the Sydney scene and more recently in Melbourne. In Sydney, he ran his own highly successful restaurant, Tatler's Café. Since moving to Melbourne in 1985, he has managed Carlton's well-known restaurant, Shakahari.

Tony was a presenter on the SBS Television series *The Food Lovers' Guide to Australia* and coordinated the Asian Food Festival Awards in Melbourne in 1997. Over the years, he has presented Master Classes in Brisbane, Perth, Melbourne and Adelaide, while, internationally, he has taught in Singapore, Shanghai, Madrid and Auckland. Recently, he won the Australian Travel & Tourism Award 2008 - The Kurosawa Collection - in the Best Tour Operator category.

He also writes regularly on Asian food and culture and established his own cooking school in 2001.

Note: Tony Tan will host the group and local guides will have charge of all organisational and practical matters. The tour is organised by Harvey World Travel South Melbourne, in conjunction with the Unlimited Cuisine Company.

Further information:

Tour host: Tony Tan –

Telephone +61 3 9827 7347 or visit
www.tonytan.com.au

Tour Organiser: Janene Ferguson –

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Or send an itinerary request to:

Tony Tan
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Your tour itinerary

The itinerary below describes the combined land and airfare package. Land only passengers will finish the tour on Day 11.

DAY 1 – Friday 11th September 2009 Australia – Hanoi

Depart Australia to **Hanoi**, the gracious capital of Vietnam, a fusion of Asian and French influences. On arrival, you will be met by our local representative and transferred to the luxurious French-colonial style **Sofitel Metropole** for four nights. Home of Graham Greene where he partially wrote 'The Quiet American' and actors like Catherine Deneuve, Gerard Depardieu and Jane Fonda, this is one of Asia's top historic hotels. Our hotel is located in the heart of the city, minutes walk to beautiful Hoan Kiem Lake and tree-lined boulevards, the old quarter and lush parks. If time permits, soak in the cosmopolitan vibe of the city and pop over to Café Au Lac, just behind the hotel, for a shot of local coffee.

DAY 2 – Saturday 12th September Hanoi

Join me for an early morning walk to Hoan Kiem Lake to enjoy a parade of tai chi practitioners and ballroom dancers. After breakfast, we set out for a **guided morning walking tour** of the **Old Quarter**, the city's ancient quarter that is unique in Southeast Asia. A square kilometer of 18th & 19th century architecture, as well as a jumble of new buildings, the streets are narrow and packed with local shoppers. In the 18th century each street was the home of a particular craft guild, many of which were founded by members of the villages surrounding Hanoi.

After the visit, for lunch, we slurp a simple bowl of pho at Pho 24, the light and fragrant beef or chicken soup packed with herbs that is almost the national dish.

In the afternoon, we visit **Ho Chi Minh's House-on-Stilts**, located in the compound of the Presidential Palace. Made of wood, in the style typical of the houses of ethnic minorities. It is humble but packed with historical significance. Next to the house are century old trees by the side of a beautiful lake. President Ho Chi Minh lived, worked, and held meetings here with top leaders from 1954 until he passed away in this house in September 1969.

Not long after, we visit the One-Pillared Pagoda, built in 1049 in the shape of a lotus flower. According to a legend, King Ly Thai To, who was heirless, once saw in a dream the goddess of compassion (Avalokitesvara) sitting on a lotus who handed a boy to him. The King later married a peasant woman and a son was born to them. As a token of gratitude, he had the all-wood pagoda built and dedicated it to the goddess. **We will also visit the Temple of Literature**, a famous historical and cultural site consisting of both the Temple of Literature and Vietnam's first university founded in 1076.

Tonight we dine at the chic **Wild Lotus** restaurant on fine Vietnamese cuisine. With a fin-de-siecle Indochine-style, this is one of the hottest restaurants in town serving both contemporary and traditional Vietnamese cooking. Expect perhaps their superb ca kho to or fish in caramel sauce, fragrant crab cakes or beef with peppers. **B,L,D**

DAY 3 – Sunday 13th September Hanoi

After breakfast, we meet with our Vietnamese chef Van who will take us on a visit to the bustling 1912 market to look at some of the ingredients that go into Vietnamese cooking, including many fresh herbs such as hot mint, saw-leaf coriander and perilla - and understand why they are significant in Vietnamese cooking. After our visit, we return to the hotel's kitchen and learn to cook Northern Vietnamese cooking. Our Chef will demonstrate how to cook the dishes, then it's your turn to have a go!

Lunch follows at the hotel's signature **Vietnamese Spices Garden** restaurant. Considered as one of the best in the city, the restaurant is known for its traditional offerings like *banh cuon*, *fresh steamed rice rolls filled with minced pork and wood ear mushrooms* and chicken grilled with lemon leaves.

Afternoon free to explore the city's many cultural and historical sites. The Fine Arts Museum has reproduction and exquisite Vietnamese art pieces, or do some exquisite shopping. Silk, bamboo, lacquered trays, silver and ceramics

are good buys or just relax at the hotel or beside one of Hanoi's serene lakes.

In the late afternoon, we attend the **Water Puppet Show**, a traditional and unique Vietnamese Art. This highly entertaining form of theatre uses the water surface as a stage. Standing waist-deep in the water, the master puppeteers are hidden behind a bamboo screen. The entire atmosphere is truly enchanting.

Rest of the evening at leisure. This is an opportunity to try some of the capital's French restaurants. The hotel's Le Beaulieu, Green Tangerine and Verticale are worth considering. **B,L**

DAY 4 – Monday 14th September Hanoi

This morning, after breakfast, we visit Chuong and Van Phuc villages to see how villagers run traditional family businesses. **Chuong Conical Hat Village** makes the best conical hats in Northern Vietnam.

Van Phuc Silk Village, located on the bank of Nhue river, near the town of Hadong town is famous for silk weaving. Legend has it the person who taught silk weaving to this village was La Thi Nga in the 18th century. Famous throughout Vietnam for its fine silk, the weavers still use the traditional handlooms.

Return to Hanoi for **lunch** to enjoy **Bun Cha**, another Hanoi speciality with grilled meat (cha), served with rice noodle (bun), vegetable and fish sauce. This is a dish rarely encountered in south Vietnam.

Afternoon free. Art Vietnam Gallery has great contemporary art or you may visit Khai silk for their modern silk prints.

Our gala dinner at the celebrated **Bobby Chinn** restaurant. Of Chinese-Egyptian heritage, chef Bobby is a Hanoi culinary identity and his banh beo, steamed rice cakes topped with shrimp and the banana blossom salad with duck are exceptional and light. **B,L,D**

Day 5 – Tuesday 15th September Hanoi – Hoi An

After breakfast, we leave for the airport to fly to **Danang** in the Central Coast. Upon our arrival, we travel from Danang to Hoi An to **the Nam Hai**, the exclusive and beautiful resort along the pristine China Beach. With views of the nearby Cham Islands, this will be your luxurious retreat for three nights.

Lunch at your leisure. Afternoon free to enjoy your retreat's facilities - the spa set in the lagoon is divine or just laze by the stunning pool. Alternatively, stroll through the nearby villages or explore historic Hoi An with its well-preserved 17th and 18th century Vietnamese, Japanese and Chinese buildings. Another option is to have your clothes made by one of the 270 tailors in town.

Dinner at the atmospheric **Full Moon Restaurant**. Famous for its super fresh seafood, it features dishes like salt and pepper anchovies and grilled tuna or prawns cooked in tamarind sauce, or try Vietnam's most famous dish, the spring roll (cha gio or nem). These are various combinations of minced pork, shrimp or crab, rice vermicelli, onions, bean sprouts rolled in rice-paper wrappers. If available, try the region's famous cao lau, flat noodles mixed with crispy croutons, herbs and sliced pork. **B,D**

Day 6 – Wednesday 16th September

In the morning, we drive the short distance to the charming town of Hoi An to take a guided walking tour of Hoi An to **Phung Hung House**, a 3-story shop house built in 1780; **the Quan Cong Temple** founded in 1653, the **beautiful Japanese Covered Bridge**, the **Hoi An Museum History and Culture**, and the colourful and lively local market with a brief stop at the noodle maker's to watch the art of noodle making.

This afternoon, we lunch at one of town's coolest and fun restaurants, **Mango Rooms**, located on the banks of the Thu Bon River. Operated by flamboyant American-trained **Chef Duc**, he fuses traditional Vietnamese with Western sensibilities. Expect perhaps an amazing mango salsa with corn chips, chicken with lemongrass and garlic, or seared tuna in rice paper.

After lunch, the rest of the day is at leisure. If you like, organise a trip to visit My Son, Vietnam's most important

Cham site. Or browse the antique ships and silk shops that are dotted in Hoi An. **B,L**

**Day 7 – Thursday 17th September
Hoi An**

This morning we meet up with Nitesh Pandey, Food & Beverage Manager of the Nam Hai before attending an inspirational cooking class specially organised with the Vietnamese chefs. After the class, lunch may include braised fish with fresh turmeric and green banana in a clay pot, and Hue style prawn and chicken pancakes with fresh herbs (banh xeo Hue). Rest of day at leisure. **B,L**

**Day 8 – Friday 18th September
Hoi An – Ho Chi Minh City**

Morning at leisure. Check-out hotel and transfer to Danang airport for flight to **Ho Chi Minh City** (formerly Saigon), the commercial and vibrant heart of Vietnam. On arrival, you will be met and transferred to the deluxe Renaissance Riverside Hotel for three nights. With its panoramic views of the Saigon River and walking distance to major galleries and museums and located in the middle of District 1, this is the perfect location to orientate yourself in this wonderfully crazy, bustling city. Adding to this youthful chaos is some 4 million motorcycles, so crossing the road is an adrenalin rush of excitement, and pure faith!

Saigon is also the street food centre of the country. It is omnipresent and this is a great opportunity to try some of the best **baguettes** with local fillings like grilled pork with herbs and pickled daikon.

Dinner at Maxim's Nam An, one of Saigon's top Vietnamese restaurants on perhaps an enchanting chicken with banana flower salad, a delectable green mango salad, or their version of *bo hap trai dua*, an unforgettable dish of beef steamed in a stock of coconut juice. **B,D**

**Day 9 – Saturday 19th September
Ho Chi Minh City**

A morning departure for **Cho Lon**. Saigon's Chinatown. A thriving commercial centre, it's a fascinating maze of pagodas, restaurants, temples, jewellery and medicine shops spread over several streets. From here, we walk to the enormous **Binh Tay Wholesale Market**, with its beehive of stores selling varieties of rice, sugars, dried bamboo shoots and the much-sought after luxurious flower mushroom, the favoured shiitake mushroom for the cognoscenti. Look out also for fresh culinary and pharmaceutical herbs, pale but delicious strawberries and artichokes from Dalat, and cassia bark almost a metre long. After this, we hop on a **cycolo** from Binh Tay Market to the ornate **Thien Hau Temple**, dedicated to the **Goddess of the Sea**, the guardian of travellers and sea farers.

Lunch at Quan An Ngon restaurant on the street foods of Vietnam. A simple no-frills eatery with complete with faux colonial trimmings, it has a cult following for both tourists and locals for its authentic food. Cooked by street food specialists, the green papaya salad is fantastic and so is the grilled calamari. Even the *che* - desserts such as sticky rice balls awash with coconut milk - are lovely.

After lunch, we continue our tour of the magnificent **Notre Dame Cathedral** and the French colonial **General Post Office**, right next to the Cathedral. Built by Gustave Eiffel of the Tower fame, its beautiful interior reminds one of a European railway station. Keep an eye out for the rococo **Hotel de Ville** and other French-built residential villas.

Rest of the day free to shop on **Dong Khoi Street** or at one of the city's shopping malls for last minute purchases like lacquer ware, silks and silver-tipped chopsticks.

Evening transfer to a local restaurant "**An la ghien**" to enjoy street food, the southern version of *the rice pancake with prawns and pork - banh xeo* - and other local fare like grilled shrimp on sugar cane. **B,L,D**

**Day 10 – Sunday 20th September
Ho Chi Minh City**

This morning we leave for the town of **My Tho** in the Mekong Delta. Lusciously green and pancake flat, this heavily populated region is known as Vietnam's southern 'breadbasket'. Along the way, we pass verdant rice fields, coconut plantations, fertile orchards and tiny villages - some displaying racks of baguettes and sun-dried calamari. Look out also for the local rice wine that is reputed to pack

a hefty punch! Upon arriving My Tho, we travel by boat to cruise the **Mekong River** to visit to the unique local market - note: some vendors sell from the boats. After this, we visit a family known for their hand-made coconut sweet and enjoy refreshments in the shade of orchards.

From here, we head for the neighbourhood **Trung Luong** Restaurant to sample some Mekong specialties including the local delicacy, grilled elephant-eared fish (ca tai tuong, a local delicacy found only in the south) and a delicious savory made with glutinous rice flour.

After the long lunch, we return to Saigon and the rest of the day is at leisure. This is the time to consider dining in the city's several top French and contemporary restaurants like *Camargue, The Temple Club and Xu*. **B,L**

**Day 11 – Monday 21st September
Ho Chi Minh City – Australia**

The final day is free for last minute shopping opportunities or for history buffs, you may like to visit the **Reunification Palace**, the former seat of power in South Vietnam and the chilling War Crimes Museum or just relax.

Our final farewell yum cha lunch at the hotel's Kabin Restaurant. One of the finest Cantonese and Sichuan restaurants in the city, it offers one of the most authentic and innovative dim sums.

Evening transfer back to Australia. **B,L**

Your tour includes

- Economy class domestic flights
- Twin share accommodation
- All airport transfers. Note: arrival transfer included with group flights only. If arriving on any other flight, arrival transfer will be your own responsibility at additional cost.
- Meals as specified in the itinerary
- Tours and cooking demonstrations as specified in the itinerary

Contact Details



the unlimited
cuisine company

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The Travel Professionals®

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Lic No 31751



Your tour Hotels

Sofitel Metropole Hotel
15, Ngo Quyen St, Hanoi
Tel: (84 4) 3826 6919

The Nam Hai
Hamlet 1, Dien Duong Village
Quang Nam Province
Tel: (84 5) 10 940 000

Renaissance Riverside Hotel
8-15 Ton Duc Thang Street,
Dist. 1, HCMC
Tel: (84 8) 3822 0033



Tony Tan's Gourmet Tour of Vietnam

11-21 September 2009

Please return this completed form to: Janene Ferguson, Harvey World Travel,
234 Clarendon Street, South Melbourne, Vic 3205, Australia. Telephone +61 3 9696 7979
• Fax +61 3 9696 0120 • email: jferguson@harveyworld.com.au

tour
information

Tour Price

\$5,750 per person, for twin share land arrangement (Single supplement add \$2,228)
For international airfare ex Melbourne please contact Janene Ferguson at
Harvey World Travel South Melbourne via the contact details above.

Price includes

1. Economy class domestic flights
2. Twin share accommodation
3. All tours and cooking demonstrations where indicated
4. Breakfast daily, 8 lunches and 6 dinners
5. Airport transfers if arriving and departing on group flight

Price does not include

1. Drinks, lunch and dinner except where indicated
2. Luggage in excess of 20kg
3. Travel insurance
4. Passport and other Vietnam visa fees
5. Items of a personal nature, eg. laundry, etc.
6. International flights and Vietnam Departure Tax
7. Tipping and personal shopping



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passenger
details

Full name _____

Mailing Address _____

Telephone (home) _____ (business) _____

Passport Number _____ Expiry Date _____

Note: Please provide a photocopy of your passport with this booking form.

tour deposit

To Harvey World Travel South Melbourne:

I enclose a cheque for **\$1,000.00** (non-refundable) per person as deposit for Tony Tan's Gourmet Tour of Vietnam, along with a copy of my passport, and wish to book (please tick):

Single accommodation or Twin accommodation sharing with _____

Please nominate the city you wish to depart from _____

Harvey World Travel South Melbourne can make all necessary travel arrangements should you wish to extend your stay.

* conditions

I understand:

1. that full payment is due no later than **30 June 2009**
2. cancellation must be received in writing. Cancellation fees are based on per person and are as follows: up to 60 days before departure date - loss of deposit only; 60 to 30 days before departure date - 50% of tour cost; 30 to 7 days before departure date - 75% of tour cost; inside 7 days before departure date - 100% of tour cost.

We strongly recommend that all travellers purchase private cancellation, baggage and travel insurance at the time of booking, which Harvey World Travel South Melbourne can arrange.

3. that Harvey World Travel South Melbourne, and the Unlimited Cuisine Company (the promoters)

reserve the right to change the itinerary at any time as a result of unforeseen circumstances. I hereby release the promoters from all responsibility for damages, injury, losses or delays suffered by me due to any reason whatsoever and understand that all expenses for the above will be borne by myself.

4. prices and inclusions are correct at the time of printing, but may be changed due to currency fluctuations, increases in principles' tariffs, taxes and charges, and hotel/air tariffs.
5. all prepaid ticket taxes are included but please note that they are subject to change at anytime.

I enclose my deposit of AUD\$1,000.00 per person made payable to Harvey World Travel South Melbourne, along with a copy of my passport, and acknowledge that the booking is made upon the above conditions, which I understand.

Signed _____ Date _____ / / 2009