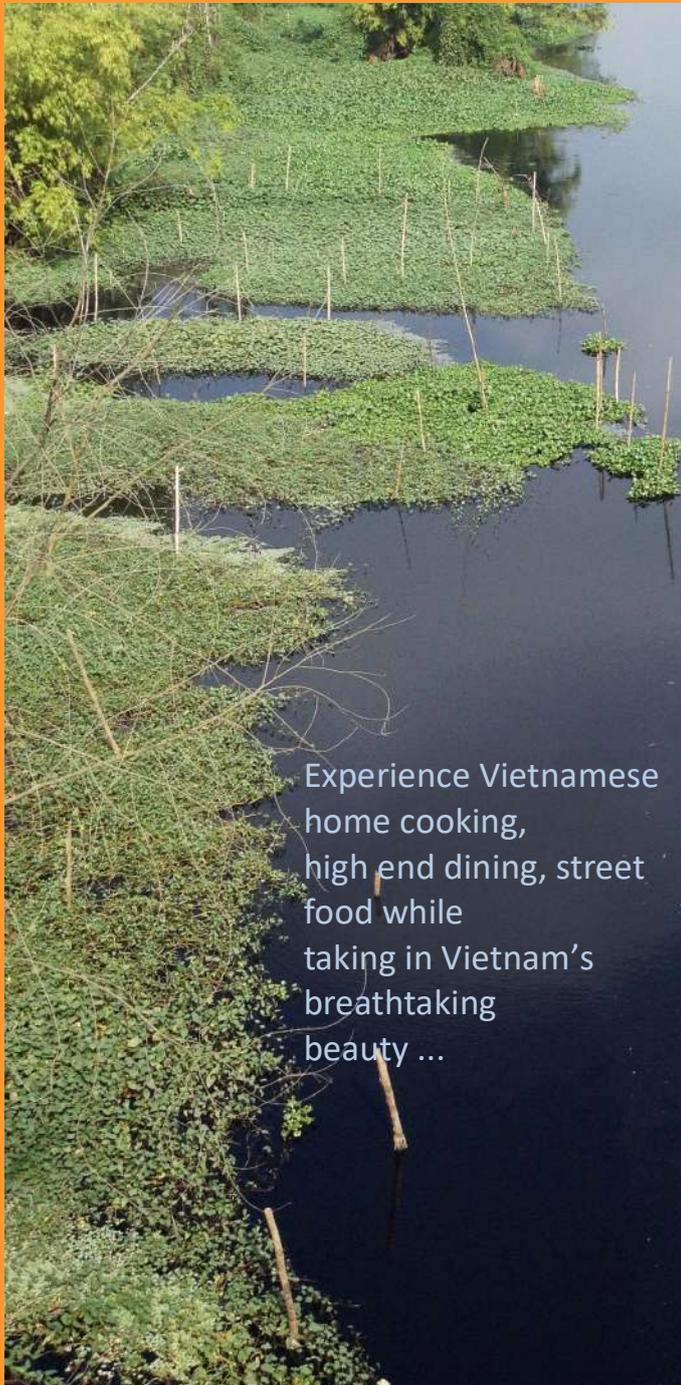


Tracey Lister's

# Five Flavours of Hanoi

SWEET, SALTY, SPICY, SOUR & BITTER

Culinary Tour 2019– September 8th



Experience Vietnamese home cooking, high end dining, street food while taking in Vietnam's breathtaking beauty ...





all the Ingredients for an exceptional Vietnam Culinary Tour  
... while seeing the sights in comfort and style

Explore Hanoi and Northern Vietnam's cuisine and culinary traditions with Tracey Lister as she shares with you her extensive knowledge of the city she called home for over a decade.

Over six days you will experience the sights and foods she has shared with chefs, food writers and food lovers alike on her well-loved culinary tours.

Explore the vibrant Vietnamese capital Hanoi, with its mix of fragrant broths and hearty cooler climate fare.

We will feast in local restaurants, noisy *bia hois*, the occasional upmarket restaurant, as well as in people's homes and, Tracey's favourite.... dining with locals perched on small stools at roadside curbs.

We will follow the food trail from the farms, to the wholesale market under Hanoi's iconic Long Bien bridge, to local wet markets and into people's homes.



## ITINERARY: Day 1 and 2

### Day 1

6pm: Welcome to Hanoi!

Meet in the hotel foyer before heading out for a flaming pho cocktail and dinner in a local restaurant.

House specialties include crispy fried sticky rice, river fish or buffalo in banana leaf and, for the more adventurous, there is an extensive insect menu!

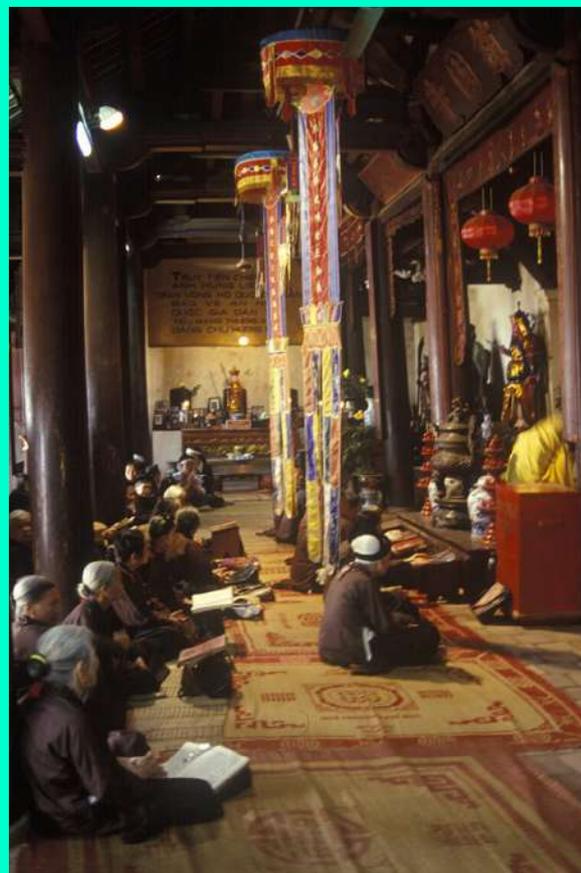
### Day 2

9.00am: Street Food Tour

Life in Vietnam happens on the streets and there is no better way to start your tour by exploring some of the hidden alleyways of Hanoi.

Slurp your way through some of Hanoi's most famous dishes like pho, bun cha or for the more adventurous, fertilized duck eggs.

6pm: Cha Ca, marinated river fish cooked at your table and served with noodles, herbs and peanuts, is one of Hanoi's most loved dishes. We will visit one of the best Cha Ca restaurants away from the tourist areas.



*Don't forget to bring your camera - there'll be lots of photo opportunities along the way!*



## ITINERARY: Day 3 & 4

### Day 3

8am: Farm visit and Cooking Cass. A taste of the Vietnamese countryside when we visit a family farm in Song Phuong Village an hour outside of Hanoi.

6pm: Dinner Bia Hoi

A casual evening of street food and beer at a local outdoor venue.

Bia hoi venues are raucous, open-air beer gardens serving Vietnamese 'pub grub'. Popular bia hoi items include BBQ pork ribs, buffalo wrapped in betel leaves, and tofu pillows in fragrant tomato sauce.

### Day 4

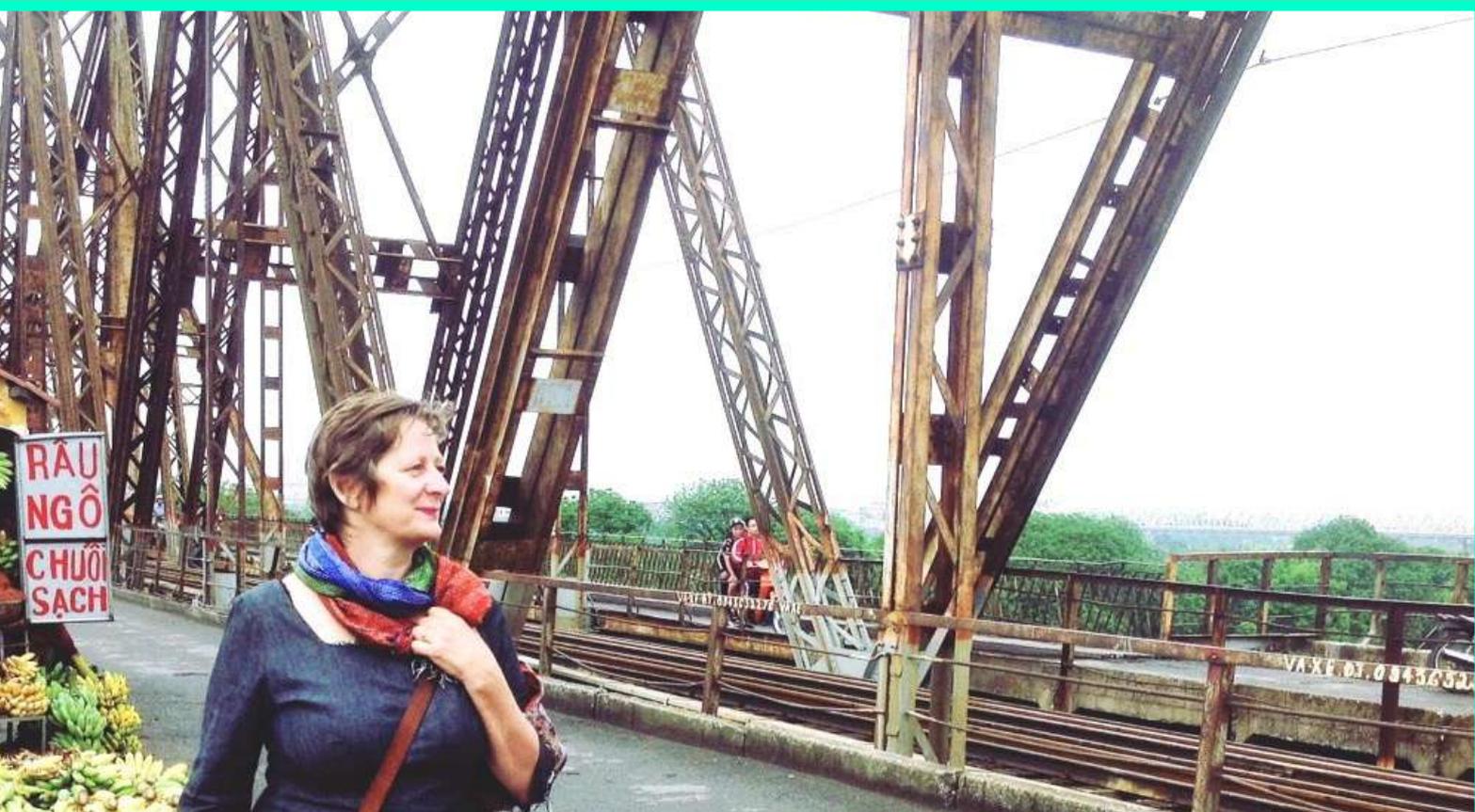
5am: Chef's Tour of Long Bien Wholesale Market followed by a cooking class in a family home.

Led by a local chef and designed for visiting chefs, food writers and photographers, this tour takes you behind the scenes of Hanoi's main food market, situated off the beaten track in the Long Bien district.

Start the day with a bang at this vibrant, noisy produce market that supplies Hanoi's restaurants with the freshest seafood, meat, herbs, tofu and other specialties, followed by a cooking class using produce from the market. This is a perfect opportunity for some early morning photography.

Afternoon tea at Koto, the social enterprise café where Tracey spent her early years in Hanoi training disadvantaged youth to work in hospitality.

7pm: Dinner in a beautifully designed Vegetarian restaurant in central Hanoi.



## ITINERARY: Day 5 , 6 & Final Breakfast

### Day 5

8.30am: Cooking and Vietnamese Coffee Class

An intensive food focused day spent on a beautiful property located an hour out of Hanoi. A local expert will take you through all you need to know about Vietnamese coffee.

We will prepare our own lunch the stilt house overlooking the market garden and tea plantation.

7pm: Dinner in a local family restaurant that is famous for its fried rice paddy crabs and rice wine.



Bia Hoi, fresh beer, is collected daily from the factory gates and must be consumed on the day. The brew is low-alcohol, unpasteurized and free of preservatives.

### Day 6

8am: Travel to Long Bien Village across the Red River to our guide Dan's home where we will begin our food journey on bicycles through the surrounding villages. Dan has extensive local knowledge and he will take us to see a part of rural life that tourists really get to see.

5.30pm: Movable Feast

A food tour with a difference.

Start with canapes and champagne in a private home, then travel by electric buggies to different fine dining establishments across Hanoi, while immersing yourself in Hanoi by night as we travel to a new destination between each course.

You will pass Hanoi landmarks including West Lake's Tran Quoc Pagoda, Dinh Bien Phu Street with its famous street light illumination, and Ho-an Kiem Lake.

Continue by electric buggies through the Old Quarter, to our final course at the Hotel Metropole, a beautiful 5 star hotel built in 1901.

### Day 7

*Final group breakfast to say **hẹn gặp lại** !*

## Terms and conditions

Price includes:

- 6 Breakfasts, 5 lunches, 6 dinners
- 6 nights at 4 star hotels
- Street food tour in Hanoi ,
- Movable Feast by electric buggies in Hanoi, Wholesale market tour
- Three Cooking class– one in Chef Duyen's home, one on the farm and one lead by Tracey in a stilt house.
- Vietnamese coffee class.
- Bicycle food tour
- Fully escorted by Tracey Lister

Cost per person: \$1,900 aud (based on twin share accommodation, land only arrangement)

Single supplement: \$300 aud (paid in addition to the above package price, land only arrangement)

Deposit: \$500 required upon booking -50% refundable up to 4 months prior to departure. Final payment due 30th December.

Tour does not include: international flight, Vietnam visa, travel insurance, beverages (other than listed) or items of personal nature such as telephone, mini bar and laundry expenses.

For further details contact  
Tracey Lister  
[traceylister@hotmail.com](mailto:traceylister@hotmail.com)  
Phone: +61 422 778 442

