VIETNAMESE · SAUCE

Nuoc Cham (Vietnamese Dipping Sauce)

10 min · Makes 12 × 2 tbsp · 17 kcal a portion · Video 6:45 · The Splendid Table

Pescatarian · Gluten-free ingredients · No dairy listed · No nuts listed

A light, oil-free dipping sauce: 2 tbsp have about 17 kcal and 3 g of added sugar. It is salty (about 650 mg sodium a portion), so dip rather than pour.

Diet notes: Low saturated fat (0 g, 0% of the energy).

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Ingredients 7 · MAKES 12 × 2 TBSP

- [ ] 80 ml **fresh lime juice** (2–3 limes), with some pulp
- [ ] 1 tbsp **unseasoned rice vinegar** (optional)
- [ ] 3 tbsp **sugar**
- [ ] 160 ml **lukewarm water**
- [ ] 5–6 tbsp **fish sauce**
- [ ] 2–3 **Thai or serrano chillies**, thinly sliced
- [ ] 2 **garlic** cloves, minced (optional)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Fish. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Roll the limes firmly on the bench before juicing, then squeeze them with a reamer so some of the pulp goes in with the juice. 1:11
2. In a bowl, stir the lime juice, rice vinegar (if using), sugar and lukewarm water until the sugar dissolves. Taste this 'limeade' and adjust the sweet–sour balance first. 2:01
3. Stir in the fish sauce, starting with 5 tbsp and adding more to taste, until the sauce is a light amber colour. 2:56
4. Add the sliced chillies (seeds and all) and the garlic. Serve in a shared bowl or small dipping bowls; it keeps about 8 hours covered at room temperature. 4:01

> **Tip** Makes about 350 ml (12 portions of 2 tbsp). Start with less fish sauce for a lower-salt sauce. Thin carrot matchsticks soaked in the sauce add crunch. Serve with rice-paper rolls, grilled meats or noodle salads.

The method is a summary in our words — the video shows every step.

One portion (2 tbsp) gives you 1 OF 12 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
17 kcal	0.5 g	4.1 g	0.1 g	0 g	650 mg
70 kJ	1% of a day	4 g net · 3.4 g sugars	0% of a day	0 g saturated	28% of a day
		1% of a day		0% of a day	

Energy from net carbs 89% · protein 11% · fat 0%

Recipe and video: The Splendid Table (@TheSplendidTable) on YouTube — youtube.com/watch?v=eKtsXR_2QwQ, published 24 January 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/nuoc-cham-vietnamese-dipping-sauce