

# unfolding the intricacies of Vietnamese cuisine and textiles



a food & fabric tour  
with chef,  
Tracey Lister,  
& designer,  
Cynthia Mann

2024 tours  
# 8 -15 May  
# 11-18 October



Tracey taking renowned chef, Michel Roux, & wife, Robyn Joyce, on a street food tour of Hanoi



## 8 Days of Glorious Food and Fabulous Fabrics!

Let us introduce you to the cuisine and textiles of northern Vietnam.

As the first chef/trainer at the training restaurant KOTO and throughout the years running the Hanoi Cooking Centre, I developed a deep appreciation of Vietnamese cuisine, and the chefs and home cooks who have shared their knowledge and expertise with me.

Cynthia's love for the textiles of the ethnic minorities of northern Vietnam, inspired her to start Future Traditions, which works directly with local communities to create new markets for at risk handicrafts. Her unique contemporary designs feature locally produced batik, indigo hemp and traditional weaving and embroidery. She also repurposes vintage textiles and designs sterling silver jewellery featuring sea glass and ceramics salvaged from Vietnam's coastline.

So let us inspire you, with our passion for the extraordinary flavours, culture and textiles of northern Vietnam, and meet the people who have generously taken us into their lives and shared their experience and skills with us.

### Tracey & Cynthia



Cynthia working with batik artists, Thanh Thao and her aunty Dia, on the Future Traditions Batik Ceramic collection

## Day 1:

### Welcome to Hanoi!

**6pm:** Meet in the hotel foyer before heading out for a flaming pho cocktail followed by dinner at a local family 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

**Am:**

### 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.

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

Finish the tour with a Vietnamese brew of rich sweet coffee with yoghurt or egg in one of Hanoi's oldest cafes.

### Late morning

Visit to the gallery 54 Traditions for insights into Vietnam's ethnic minorities.

### Free time

**Pm:**

Future Traditions showroom before a pre-dinner drink and dinner on Westlake.

## Day 3:

**Am:**

Visit Thai textiles workshop to see and experience their weaving and dyeing.

### Free time

**Pm:**

A hands-on cooking class at a local chef's home under Hanoi's iconic Long Bien Bridge where we will learn about Hanoi's vibrant culinary traditions.





#### Day 4:

##### Am:

We will travel to the northern mountains 3 hours outside of Hanoi, home to the Hmong and Thai, two of Vietnam's diverse ethnic groups.

We will stay in luxury ecofriendly accommodation overlooking the rice paddies.

Free time to explore or go for a swim.

##### Pm:

Sunset dinner lake cruise and visit to a fish farm.

#### Day 5:

An early start to visit a local ethnic community market.

Indigo Batik (wax resist) Workshop with Hmong artisans. Create your own design.

Return to the hotel with free time until enjoying an in-house dinner.





### Day 6:

#### Am:

Return to Hanoi

#### Free time

or Optional tour to local fashion designers

#### Pm:

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 7:

A taste of the Vietnamese countryside when we visit a **family farm** in Song Phuong Village, an hour outside of Hanoi, for a cooking class and water puppet performance in the traditional lake setting.

#### Free time

#### PM

Dinner in a local restaurant



**Day 8:**

**AM:**

Choose between

- a cycling tour around Hanoi's surrounding villages
- or a visit to art gallery

**Free time**

**PM**

**Movable Feast**

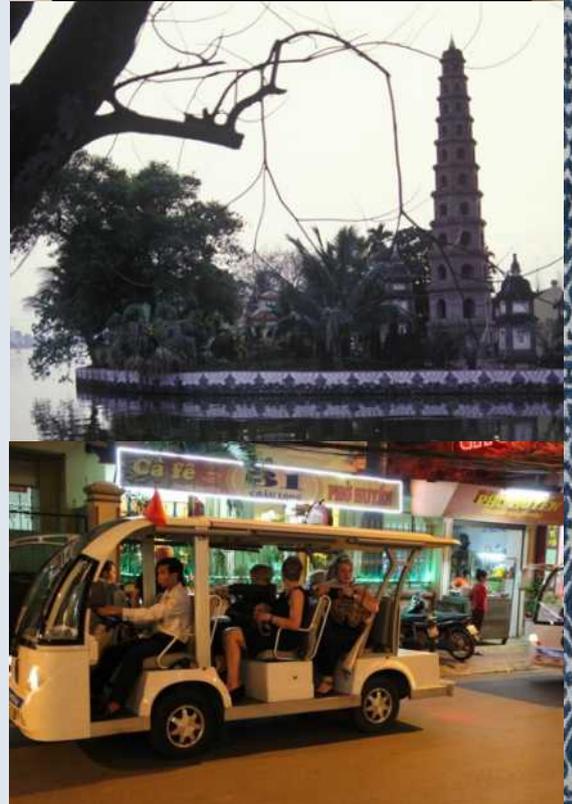
Start with canapés and champagne in a private home. Then immerse yourself in Hanoi by night as we travel by electric buggies to different fine dining establishments for each different course.

You will pass Hanoi landmarks including West Lake's Tran Quoc Pagoda, Dinh Bien Phu Street with its famous street light illumination, and Hoan Kiem Lake. Continue by electric buggies through the Old Quarter, to our final course at the Hotel Metropole.

**Day 9: 5 October**

**AM:**

Final group breakfast to say hẹn gặp lại !



### Tour Includes:

8 Breakfasts, 4 lunches, 8 dinners  
6 nights at 4 star hotels  
2 nights at a 5 star eco resort

### Excursions:

Street food tour in Hanoi, Movable Feast by electric buggies in Hanoi, Weaving demonstration and dyeing workshop, Indigo batik workshop, gallery tour, cooking class in the northern Vietnamese country-side, sunset dinner cruise.

Fully escorted by Cynthia Mann & Tracey Lister

### Cost per person:

\$3,600 aud (based on twin share accommodation, land only arrangement)

### Single supplement:

\$770 aud (paid in addition to the above package price, land only arrangement)

### Deposit:

\$500 required upon booking -50% re-fundable up to 4 months prior to departure. Final payment due 27<sup>th</sup> July, 2023

### 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.



Publications by  
Tracey Lister &  
Andreas Pohl

KOTO -  
A Culinary Journey  
Through Vietnam

Real Vietnamese  
Cooking

Vietnamese Street  
Food

Everyone wants to be involved, Tracey getting some 'extra' help when shooting for one of her cookbooks



BRUNSWICK  
KITCHEN

For more information contact:

Tracey Lister

[tracelister@brunswickkitchen.com.au](mailto:tracelister@brunswickkitchen.com.au)

+61 422 778 442

