



HEALTHYCOOK
PREMIUM PORCELAIN
1970

HEALTHYCOOK

HEALTHY MEALS FROM HEALTHYCOOK PORCELAIN



HANDBOOK FOR FAMILIES

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*“ Anything you do
is for the pursuit of happiness,
which only can be earned
with a healthy treat ”*



STORY OF MACROBIOTIC PORCELAIN WAS CREATED

Long time ago, when human first knew how to use fire and cooking utensils, the pot has become an item associated with family meals and kitchens. It demonstrates the beauty of culinary culture, historical record and connection among family members and their community.

Also, with those pots, delicious yet simple dishes prepared by mothers have become a source of creativity, lingering people's mind around the world to encourage them to make dreams come true. The story of the "clay pot revolution" of the King of Ceramics Ly Ngoc Minh is one of them.

Since his father passed away when he was little, his childhood was mostly about playing around his mother's ceramic stove and its flickering fire. Following his mother to the kitchen every day grew in him a special interest in cooking and healthy eating habits. In Minh's memory, no matter how busy, she always paid attention to each meal. His mother taught him what kind of food is good, how to eat healthily and enjoy the dish. The young Ly Ngoc Minh then not only learned how to cook, but also knew which pot was good for cooking, how to keep the fire burning and adjust it to cook better food. Lessons learned in the kitchen were always valuable to him.

Simple dishes such as braised fish or braised pork cooked by the mother in the clay pot, always had an incredibly delicious taste. It was the best food he had ever enjoyed. However, one thing that made him wonder was that his mother's pot was continuously cracked or broken. When he went to the kitchen to cook and help her and recalled how many pots were broken, it has kindled in him a dream of making pots that are both great and durable for cooking.

Minh's dream was nurtured and growing big every day until the day he invented porcelain pot. Macrobiotic porcelain pot is a special brainchild designed by the great craftsman Ly Ngoc Minh devoting his whole mind and soul in a span of 14 years.

After 14 years, Mr. Minh sought an answer for an outstanding product line, which great food could be cooked to be delicious like in the mother's clay pot, but never drains, cracks or glazes. Compared with other materials, ceramic pots cook better, but in the long run, they absorb more water, resulting in cracked enamel, creating unhealthy molds, chipping or even blistering. These weaknesses made him worried yet determined to create a porcelain product to defy them. However, the biggest challenge is that porcelain does not withstand thermal shock because of its dense texture. His dream now faced its difficulty.

Artist Ly Ngoc Minh has traveled all over the world, learned the technology of pottery making in developed countries, researched books and newspapers and learned from experience of many families with pottery making traditions. After arriving at the place, he touched and researched the materials by himself. For him, only when finding the quintessence of the natural materials was it possible to make high-class porcelain pots to cook excellent dishes. He and his colleagues have also conducted thousands of different tests to pursue a mixture consisting of different materials and complex formula of enamel to achieve useful and desirable properties for final products.

After 14 years, he could not remember how many nights tossing and turning to draft a design for a porcelain pot operating under a different mechanism that uses infrared too cook food. The invention of porcelain pots not only realized Minh's childhood dream, it was also a dedication after many years of living a healthy lifestyle and eating healthy himself. In his opinion, "food is medicine", we cannot control how external elements such as weather, environment, etc. from affecting our body, but can completely control what is tolerated by choosing clean foods, safe cooking methods and healthy cookware materials.

"When our health is great, we pursue thousands of dreams. Without good health, we only have one dream, which is health. While design this collection of pots, I told myself that the more nutrients each and every Vietnamese can consume from their daily meals to boost their immune system, the less this country will pay for public healthcare and medicines. Only when we are free from illnesses can we achieve a clear mind and intelligence to work and stay creative to help this country. I would like to raise the awareness in every customer to have active and healthy lifestyle, starting from choosing quality-tested macrobiotic porcelain cookware with verified origin to build their healthy eating habits. That is also the meaning of "macrobiotic" I refer to," said the founder of the brand Minh Long.

WHAT IS MACROBIOTIC PORCELAIN?

Healthy (Macrobiotic) is meant to nourish and the birth of life. Healthy porcelain (Macrobiotic porcelain) is a product line that nourishes life and takes users' health as its primary mission, starting from using safe and healthy cooking tools.

Healthy porcelain is made from special materials of natural rare earths, excluding all toxic substances such as lead and cadmium; and reducing the risk of accumulation of carcinogenic toxins. In particular, the product is enhanced with infrared radiation, so food can be processed in many new methods: boiled or steamed without water; fried or grilled at low temperature, etc. but still quickly, evenly cooked inside out. Food cooked in the product has more beautiful colors, keeps many nutrients with a delicious, pure taste.



FEATURES OF HEALTHY PORCELAIN

MADE OF RARE FINE MATERIALS (refined rock)

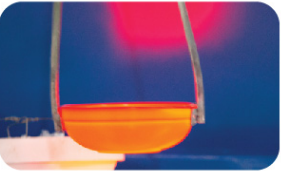
The raw materials for making macrobiotic porcelain is a very special complex mineral amalgam with more than 10 types of soil, refined stones, together with kaolin, felspar, quartz and other rare natural minerals, combined with special processing technology.



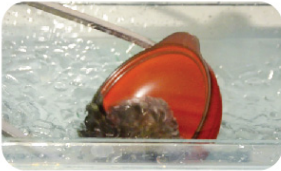
FEATURES OF HEALTHY PORCELAIN

DURABILITY FROM THERMAL SHOCK

The healthy porcelain can withstand up to 800°C thermal shock at laboratory conditions so that Healthy porcelain products can archive high durability without cracking/ sloughing enamel.



Furnace temperature reaches above 800°C



Bathe the product into ice water at 5°C



The product is intact after the thermal shock test



AMPLIFYING INFRARED

The enamel of Healthy porcelain emits strong infrared radiation, which brings food to cooked quickly, and evenly both inside and outside.

BOOSTING IMMUNE SYSTEM

Macrobiotic porcelain heats food with infrared rays, so the food structure is not broken, but retaining many nutrients (especially minerals and vitamins). Hence, cooked food has beautiful freshness, delicious flavors and good for the digestive system, which helps food delivers more nutrients, and improves the immune system of the consumers.



VITAMIN A



VITAMIN B



VITAMIN C



VITAMIN D



VITAMIN E



VITAMIN K



THE DIFFERENCE OF MACROBIOTIC PORCELAIN



THE DIFFERENCE OF MACROBIOTIC PORCELAIN



THE DIFFERENCE OF MACROBIOTIC PORCELAIN

FRY

132.1°C

173.2°C

MACROBIOTIC PORCELAIN

OTHER PORCELAIN PRODUCTS

Fried spring rolls at low temperature (below 135°C) are still deeply cooked and getting golden crispy and fragrant. As oil is not overheated, it does not produce toxic substances. Limit the risk of cancer.

The temperature is usually high (above 150°C) but the spring rolls are cooked unevenly, with both ends easily scorched. Overheated oil can easily produce toxic substances. High risk of cancer.

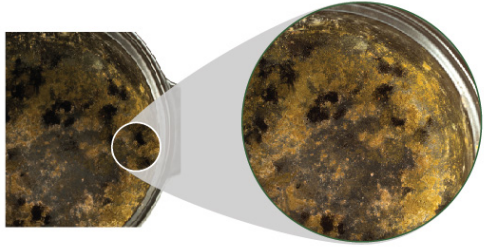
THE DIFFERENCE OF MACROBIOTIC PORCELAIN

GRILL

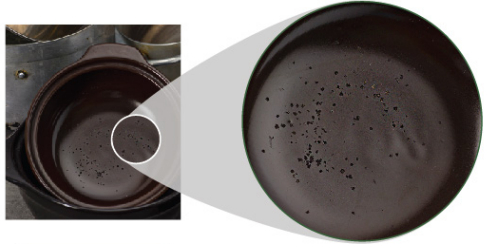
Pizzas baked by Healthy pan in electric oven
Pizzas are evenly cooked, crispy, and delectable.

Pizzas baked by another kitchen ware in oven
Pizzas are oddly cooked and burned.

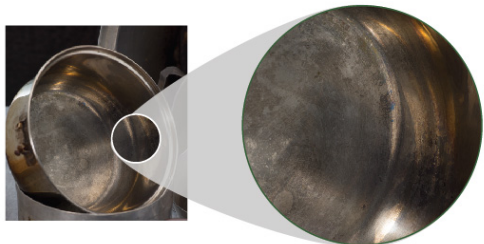
OTHER PRODUCTS AFTER BEING USED FOR A LONG TIME



Mold



Blisters



Corrosion

Clay pots are prone to being cracked, blistered, leading to moisture absorption and mold build-ups (which is extremely toxic), harmful to health.

Ceramic pots and pans are usually fired at low temperatures, prone to glaze blisters, crazes and crackles.

Metal coating pots and pans are usually corroded by acids and alkalis present in food during cooking.

MACROBIOTIC PORCELAIN AFTER BEING USED FOR A LONG TIME



Porcelain is fired at extremely high temperature (above 1280°C), hardly never absorbs water (0.02 - 0.03%), nor expand, so it does not crack or explode, difficult to crack, hence, safe for health.

PRODUCT LIST

HEALTHYCOOK LUNA 0.35L POT

16.16 x 13.23 x 9.66 (cm)*



MOSS GREEN

Gas / Infrared stove: **213583464**

HEALTHYCOOK LUNA 0.55L POT

18.35 x 15.07 x 10.97 (cm)*



MOSS GREEN

Gas / Infrared stove: **215583464**

HEALTHYCOOK LUNA 1.0L POT

23.06 x 19.45 x 11.40 (cm)*



MOSS GREEN

Gas / Infrared stove: **211039464**

Induction stove: **211039464T**



RED

Gas / Infrared stove: **211039507**

Induction stove: **211039507T**



GRAY

Gas / Infrared stove: **211039506**

Induction stove: **211039506T**

HEALTHYCOOK LUNA 2.0L POT

27.66 x 23.74 x 13.89 (cm)*



MOSS GREEN

Gas / Infrared stove: **212039464**

Induction stove: **212039464T**



RED

Gas / Infrared stove: **212039507**

Induction stove: **212039507T**



GRAY

Gas / Infrared stove: **212039506**

Induction stove: **212039506T**

HEALTHYCOOK LUNA 3.0L POT

31.40 x 26.69 x 15.01 (cm)*



MOSS GREEN

Gas / Infrared stove: **213039464**

Induction stove: **213039464T**



RED

Gas / Infrared stove: **213039507**

Induction stove: **213039507T**



GRAY

Gas / Infrared stove: **213039506**

Induction stove: **213039506T**

PRODUCT LIST

HEALTHYCOOK VESTA 0.4L POT

13.87 x 11.39 x 10.45 (cm)*



MOSS GREEN

Gas / Infrared stove: **660423464**

HEALTHYCOOK VESTA 0.85L POT

16.84 x 13.58 x 12.03 (cm)*



MOSS GREEN

Gas / Infrared stove: **668523464**

HEALTHYCOOK VESTA 1.2L POT

19.01 x 15.54 x 13.88 (cm)*



MOSS GREEN

Gas / Infrared stove: **661028464**



RED

Gas / Infrared stove: **661028507**



GRAY

Gas / Infrared stove: **661028506**

HEALTHYCOOK VESTA 2.0L POT

22.79 x 18.72 x 16.81 (cm)*



MOSS GREEN

Gas / Infrared stove: **660228464**

Induction stove: **660228464T**



RED

Gas / Infrared stove: **660228507**

Induction stove: **660228507T**



GRAY

Gas / Infrared stove: **660228506**

Induction stove: **660228506T**

HEALTHYCOOK VESTA 3.0L POT

25.22 x 21 x 19.05 (cm)*



MOSS GREEN

Gas / Infrared stove: **213039464**

Induction stove: **213039464T**



RED

Gas / Infrared stove: **213039507**

Induction stove: **213039507T**



GRAY

Gas / Infrared stove: **213039506**

Induction stove: **213039506T**

PRODUCT LIST

HEALTHYCOOK GRILL PAN 20.5CM

23.91 x 20.45 x 6.45 (cm)*



MOSS GREEN

Gas / Infrared stove: **062098464**

HEALTHYCOOK GRILL PAN 28CM

34.60 x 29.82 x 8.84 (cm)*



MOSS GREEN

Gas / Infrared stove: **062898464L**

HEALTHYCOOK GRILL PAN 34CM

40 x 27.59 x 11.28 (cm)*



MOSS GREEN

Gas / Infrared stove: **063498464**

HEALTHYCOOK FRY PAN 35CM

39.23 x 33.3 x 11.9 (cm)*



MOSS GREEN

Gas / Infrared stove: **663522464**

HEALTHYCOOK SKILLET PAN 24CM

38.75 x 24.1 x 8.4 (cm)*



MOSS GREEN

Gas / Infrared stove: **66243046408**
Induction stove: **66243046408T**

HEALTHYCOOK KETTLE 3.3L

28.6 x 17.1 x 22.73 (cm)*



MOSS GREEN

Gas / Infrared stove: **063376464**
Induction stove: **063376464T**

HEALTHYCOOK VESTA 5.5L POT

30.75 x 25.25 x 22.71 (cm)*



MOSS GREEN

Gas / Infrared stove: **665528464**
Induction stove: **665523464T**

HEALTHY HATHOR 8.5L POT

34.86 x 26.8 x 29.3 (cm)*



MOSS GREEN

Gas / Infrared stove: **668531464**
Induction stove: **668531464T**

HEALTHY HATHOR 8.5L POT

34.86 x 26.8 x 29.3 (cm)*



MOSS GREEN

Gas / Infrared stove: **668531464L**
Induction stove: **668531464LT**

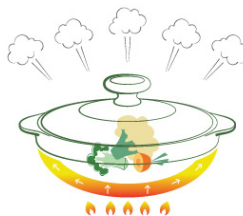
(*) Product information may differ with the real product. Before ordering, kindly check with the seller or customer service.





HEALTHYCOOK PREMIUM PORCELAIN

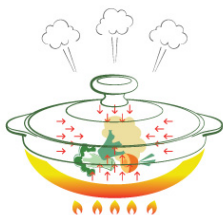
HOW INFRARED RAYS WORK



→ Heat absorption.

Heat absorption

Initially, the macrobiotic porcelain pot absorbs heat to heat the pot. After a few minutes (depending on the size of the pot and the amount of food), or when the strong steam is sighted around the lid, the pot has absorbed sufficient heat and infrared radiation begins to work strongly inside the pot.



→ Infrared rays start working

Emitting infrared rays to cook food

The pot emits strong infrared rays that cook food from the inside. The temperature is not concentrated at any point but evenly distributed in many different directions (pot body, pot bottom, pot lid). As a result, food is cooked quickly and evenly, has beautiful colors, and retains many nutrients. During this time, the lid should be tightly closed to increase the cooking efficiency of infrared rays.

• How to differentiate types of stove



Gas stove

Gas stove is a type of stove with a structure consisting of a stove body, a base and a burner, operating on the principle of burning fuel, as known as combustible gas such as syngas, natural gas, propane, butane, liquefied petroleum gas, etc., to generate heat. This amount of heat will cook the food, through a cookware bottom.



Infrared stove

Infrared stove is a type that uses electricity to heat (multiple) halogen bulbs or heating panel, emitting infrared energy to cook food. The heating tray is wrapped with copper coils. When in use, users can see concentric red circles under the cooktop. The maximum power of a home infrared stove is usually 2,000W.

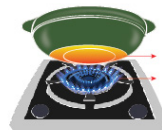


Induction stove

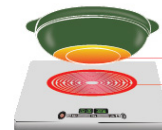
Induction cooker works on the principle of electromagnetic induction from Foucault current (also known as eddy current). Inside the induction cooker, there is a coil made of copper, durable wires. These wires are arranged in a tight circle and placed under a layer of insulating material. The bottom of the pot made of ferromagnetic material in this range is affected by the magnetic field current. This heat only works with the bottom of the pot (metal or magnetic material). The highest capacity of household induction cookers operating under normal conditions is currently 2,300W.

• Heating surface must cover at least 80% of the pot's bottom.

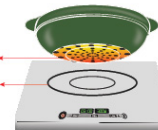
The heating surface of induction and infrared stoves is usually represented in circular patterns on the stove top. The heating surface of gas stove is the flame itself.



80% of the pot's bottom
Heating area

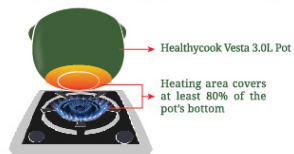


80% of the pot's bottom
Heating area

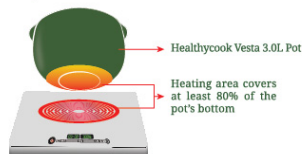


* FOR TABLE STOVE

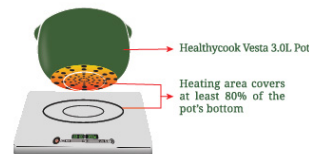
Step 1: Heating (at low temperature)



Gas stove
Heat the pot at small fire
in the first 2 minutes

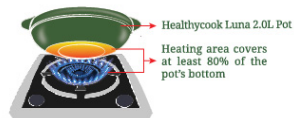


Infrared stove
In the first 2-3 minutes, start
heating at 300W-400W

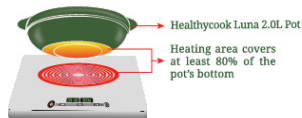


Induction stove
In the first 2-3 minutes, start
heating at 300W-400W

Step 2: Heat absorption (at appropriate temperature)



Gas stove
Turn up till the flame
covers most of the
bottom

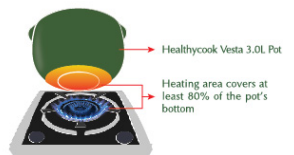


Infrared stove
Increase to 1600W

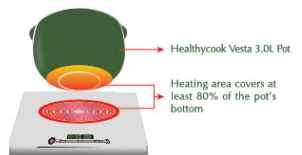


Induction stove
Increase to 1600W

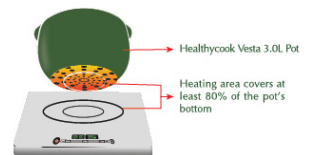
Step 3: Infrared ray emission (reduce the temperature when water is evaporates)



Gas stove
Reduce heat at 1/3 of
maximum capacity



Infrared stove
Reduce to 600-800W



Induction stove
Reduce to 600-800W

NOTE

For household stoves, it is recommended to use Healthycook Luna 2.0L, Healthycook Vesta 3.0L and pan of 24cm in diameter or smaller to cook easily.

* FOR LARGE CAPACITY HOME KITCHEN



* NOTE FOR USING LARGE-SIZED HEALTHYCOOK PRODUCTS

It is recommended to use the Luna 3.0L, Vesta 5.5L or larger pots, and the frying pan with a diameter from 35cm on specialized gas stoves. Use a large pot on a large stove to make food more delicious and prolong the life of the product.

1. Pay attention to the appropriate cooking time for better tastes, because the cooking time of the HealthyCook is faster (since it makes use of infrared radiation), compared to other conventional cookware.
2. Macrobiotic porcelain keeps heat for a very long time, especially when covered with a tight lid. If the dish is not served immediately after cooking, you can turn off the stove a few minutes before the food is cooked because the heat of the pot is enough to make the food cooked well.

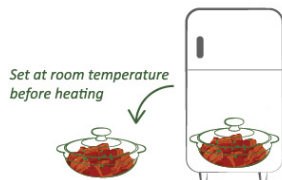


1. Set the timer if necessary, for the food to be rightly cooked since cooking time may be less when using macrobiotic products with enhanced infrared ray, compared to normal cookware thanks to infrared radiation



2. The product is ideal to keep heat even after cooking, especially with its lid on. If food is not meant to serve immediately, remove pots from heat before recommended time. Heat inside can last for a few minutes for food to be cooked perfectly.

3. In case of cold storage, take out and wait until the product to set in room temperature or start to warm up at low heat before cooking.



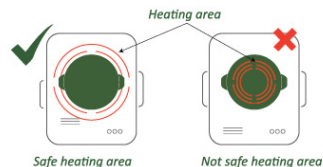
4. Place a pot holder underneath before putting heated products elsewhere.



5. For boiling without water, vegetables that have just been washed are advised to be put immediately into the heated pot to ensure freshness. If you are not familiar with this cooking method, you can add a little water (about 1-2 spoons) to the pot to make it easier to cook, and the dish is still delicious and nutritious.



6. Pots in use must be compatible with each type of stove. A large pot should be cooked on a large stove, a small pot should be cooked on a small stove. When using the product, it should be noted that the heating area of the stove must span at least 80% of the product bottom area.



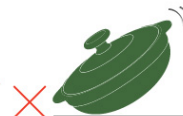
7. The products fit well with regular heat sources and kitchen appliances: Gas stove – Infrared stove – Microwave – Oven – Fridge – Dishwasher.

Products with induction bottom only work with induction stoves.

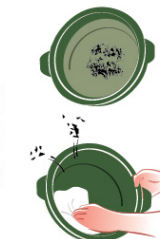
1. Clean the inside and outside of the porcelain pot with regular cleaning tools and solutions.



2. Prevent the pot from physical impacts for the highest durability.



3. In case the product accidentally gets scorched after cooking, the fastest is to pour some water in the pot, bring it to a boil, use a wooden tool to scrape off the scorch marks, then clean it as usual; or you can soak the pot overnight and use detergent to clean after that.



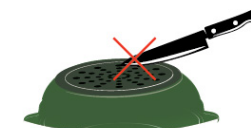
4. It is recommended to dry the product after washing.



5. For permanent scorch marks or dark spots due to prolonged cooking time that normal liquid detergents cannot remove, make use of more effective combinations whose ingredients can be easily found in your kitchen:

- Baking powder or baking soda
- Lime juice or vinegar

Mix these two (first, lime juice or vinegar, then baking powder or baking soda) well to create a better cleaning liquid than any other in the market



6. Extra note with magnetic cooker products

- Do not use a hard object (such as an iron scrubber) to clean the magnetic bottom.
- Do not let the bottom of the product collide with sharp or pointed objects.

“ Read the instruction carefully to take all advantages from the products as following:
 - Enhance meals' nutrition
 - Reduce cooking time
 - Lengthen products' life
 For more information, please visit www.minhlong.com ”



* Ingredients:



1 avocado



20g tomatos



20g bell peppers
of each color
(green, red, yellow)



100g
grated cheese



20g onions



1/4 teaspoon
black pepper



1 tablespoon
olive oil



1/4 teaspoon salt

* Cooking instructions:

Pre-heat the oven to 230°C.

Avocado: halved lengthwise and deseeded. Onion, tomato and bell pepper wedges: diced and mixed together with salt, pepper, olive oil.

Put all into the avocado halves, sprinkle cheese on the surface, transfer the avocado onto the pan and place in the oven for about 15-20 minutes.

Note: Depending on the capacity of the oven, the time can be increased or decreased accordingly.



* Ingredients:



* Cooking instructions:

Bring water to boil, add 1 teaspoon of olive oil, 1 teaspoon of salt, cook the spaghetti for about 7-8 minutes.

Cherry tomatoes: washed then cut in half.

Parsley: finely chopped.

Fry garlic in olive oil, add onions and bay leaves, and sauté them all until fragrant. Add green mussels with 2 tablespoons of white wine. Turn off the stove when the shells open.

* Make the sauce:

Heat olive oil in a pot, stir well with diced onion. Continue to add whipping cream and fresh milk, reduce heat to low.

When the sauce boils again, add beaten eggs, noodles and green mussels to stir, then cook for about 3 minutes. Season to taste and well stir the parsley.



* Ingredients:



300g fresh shrimp



300g pumpkin



100g carrots



50g onions



100ml
whipping cream



50ml non-sweetened
fresh milk



30g unsalted
butter



1/3 teaspoon salt



¼ teaspoon
black pepper



1 tablespoon
cooking oil

* Cooking instructions:

Fresh shrimp: peeled and deveined. The shrimp head should be kept for the broth later.

Heat oil, add shrimp heads and stir quickly, add 400ml water, boil for about 15 minutes, then remove shrimp heads. Continue to add shrimp to boil for about 3 minutes, strained and cut into small cubes.

Pumpkin: peeled, then cut into small pieces. Onions diced.

Put 20g unsalted butter in the pot, stir well with 50g onions and 300g pumpkin pieces for about 2 minutes.

Pour the broth into the pot, cook until the pumpkin is soft, add 100ml whipping cream and 50ml fresh sugarless milk.

Puree the pumpkin mixture and put it back in the pot with the shrimp. Bring to a boil, season to taste.



* Ingredients:



250g salmon fillet



100g asparagus



3 cloves garlic, minced



Half a lemon



½ teaspoon
black pepper



½ teaspoon salt



1 tablespoon olive oil

* Cooking instructions:

Salmon fillet: washed, let to dry, then marinated with salt and black pepper for about 15 minutes.

Asparagus, only the young part, washed, boiled quickly and then sautéed with garlic, butter, seasoned with a little salt and pepper.

Put the pan with some oil drizzles on the stove, turn down the heat when the oil sizzles, pan fry the fish on both sides until golden. Turn off the stove, put the fish on a plate, served with asparagus. Add lemon juice to enhance the taste.



* Ingredients:



3 potatoes



10g cheese powder



5g parsley



500ml cooking oil



½ teaspoon
black pepper



½ teaspoon salt

* Cooking instructions:

Potatoes: peeled, cut into pieces, soaked in salted water.

Parsley: washed and finely chopped.

Put the pan on the stove, heat the oil, fry the potatoes until golden brown, then take them out and place on absorbent paper.

Toss fried potatoes with powdered cheese, ½ teaspoon salt, pepper, parsley.



* Ingredients:

					
500g beef brisket	150g carrots	150g potatoes	100g onions	100g white beech mushroom	3 tablespoons oyster sauce
					
100g celery	100g peas	60g tomato sauce	3 basil leaves	10g unsalted butter	100ml red wine
					
1 tablespoon seasoning powder	½ teaspoon salt	4 tablespoons cooking oil	1 teaspoon sugar		

* Cooking instructions:

Beef brisket: rinsed, then cut into bite-sized pieces, then marinated with 1 tablespoon seasoning powder and ground black pepper for about 15 minutes.

Carrots and potatoes: peeled, washed, cut into same-sized pieces. Onions: peeled, cut into wedges. Mushrooms: cut the root, soaked in salted water for about 15 minutes.

Put the pot on the stove, heat 2 tablespoons of cooking oil. Sear the marinated beef for about 2 minutes. Then add 60g concentrated tomato sauce and 30g oyster sauce. When the beef is fragrant, add 700 ml water, season with 1 teaspoon sugar and ½ teaspoon salt. Cover and stew for another 40 minutes.

In another pot, heat 2 tablespoons cooking oil, toss in the vegetables (carrots, potatoes, onions, celery) for about 1 minute, finally add the white beech mushrooms. Add unsalted butter to make the vegetables fragrant, soft, and colorful.

Put the seared veggies with the beef and add 100ml wine. Stew for another 10 minutes, turn off the stove.



* Ingredients:



250g beef tenderloin



1 potato



2 cherry tomatoes



2 baby carrots



100g asparagus



1 garlic bulb



80g cheese slices



3 tablespoons red wine



60g unsalted butter



100ml fresh milk



10g thyme leaves



1 tablespoon tapioca starch



1 teaspoon black pepper



½ teaspoon salt



50ml olive oil



1 tablespoon green mustard

* Cooking instructions:

Carrots and potatoes: peeled and rinsed. Cut carrots into bite-sized pieces, potatoes into strips. Asparagus: remove the wilted ends and fibrous skin. All boiled quickly. Marinate beef with ground mix of pepper, salt, wine and bay leaves for about 15 minutes.

* Make the sauce:

Pound all 3 slices of cheese until soft.

Put the pan on the stove, add 1 tablespoon unsalted butter and 100ml unsweetened fresh milk, cook until the sauce simmers, add cheese and stir gently.

Dissolve 1 tablespoon tapioca starch with 15ml water and add slowly into the sauce. When it thickens, season to taste.

Heat another pan with a drizzle of oil, pan-fry beef to desired doneness with garlic, butter and thyme leaves. Place the beef on a plate. Continue to sauté garlic butter, stir-fry potatoes, carrots, and asparagus, then turn off the heat.





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