

RICE PAPER ROLLS WITH VIETNAMESE DIPPING SAUCE



Season:	All year round
From the garden:	Carrots, herbs, greens from the garden could include: microgreens, cucumber, rocket, cress, pepper, spinach, silverbeet, cabbage, spring onion, kale, beans
Type:	Light meal or main
Difficulty:	Easy
Country of origin:	Vietnam
Serves:	46 small tastes
Source:	Juan Kok, Kitchen Specialist, East Tamaki School

Equipment

- Measuring spoons and cups
- 4 clean tea towels
- Frying pan and fish slice/turner
- Knives and cutting boards
- Bowls – 2 small, 1 medium, 2 large
- Colander
- Peeler
- Grater
- Serving plate
- Mortar and pestle (if using peanuts)
- Fork

Ingredients

- 2 carrots
- 2 cups of greens
- 2 eggs (optional)
- 100g rice vermicelli noodles
- 1 cup finely chopped mixed fresh herbs (coriander, spring onions, mint, Vietnamese mint)
- Other vegetables to consider: kohlrabi, bean sprouts, capsicums, cucumber, beans
- 23 large rice paper wrappers

Dipping Sauce:

- 2 cloves garlic
- 1 teaspoon fresh ginger
- 1 fresh red chilli or 1 teaspoon dried flaked (optional)
- ¼ cup fresh lime juice (or lemon juice can be used instead)
- 2 tablespoons sugar
- 2 tablespoons fish sauce (see notes)
- 1 tablespoon grated carrot
- Water

How to make it

Making the omelette (if using eggs, leave this out if not)

- Break the eggs into a small bowl and add a pinch of salt. Beat with a fork to mix together.
- Heat 1 tablespoon of oil in a frying pan and when the pan is warm add the egg mixture.
- Swirl the egg mixture in the pan to evenly spread the egg. Lightly brown both sides of the omelette, then remove from the pan onto a chopping board and cut into fine strips. Set aside.

Rice Paper Rolls with Vietnamese Dipping Sauce

Preparing the filling

1. Place the noodles in a medium sized mixing bowl and pour 2 cups of boiling water over them. **Caution – hot!** Leave to soak until the noodles are soft, about 10 minutes. Drain and cut into 6cm lengths with kitchen scissors.
2. Wash and dry all the vegetables and herbs.
3. Prepare all the vegetables so that they are long and thin to fit nicely into the spring roll wrapper. Peel and grate the carrots and kohlrabi, shred the lettuce and salad leaves, and cut other vegetables into matchsticks. To prepare the herbs, remove the leaves from the stalks and finely chop.
4. Put a tablespoon of carrot to one side to use in the dipping sauce.
5. In a large mixing bowl mix all the vegetables, herbs, omelette strips (if using) and noodles together.

Making the dipping sauce

1. Peel and crush the 2 garlic cloves, and slice the chili (if using). **Caution – wear gloves when cutting the chilli or wash your hands after cutting chili and do not rub your eyes, it will sting!**
2. To prepare the ginger, peel off the skin and grate or chop finely.
3. Put the garlic, chili and ginger into a small mixing bowl.
4. Carefully measure out the remaining ingredients and add to the small mixing bowl before stirring to combine.

Making the rolls

1. Fill a large bowl $\frac{3}{4}$ filled with warm water, dunk one wrapper in the water at a time for about 30 seconds until it becomes soft and pliable.
2. When pliable, spread the wrapper out on a damp tea-towel.
3. When soft, make a row across the centre with 2 tablespoons of the vegetable noodle and herb mix, fold in corners and roll up.
4. When all filled, cut in half and serve on plates with a small bowl of dip in the middle.

Notes:

- Dips could be soy sauce, sweet chilli sauce, or make one of the dips on the Garden to Table website.
- Don't fill your rice paper rolls too much or they will not roll up properly.
- To dry lettuce or herbs, wrap herbs or lettuce in a clean tea towel, gather up the corners so lettuce or herbs secure, go outside and holding tightly to the corners swing the tea towel round and round until water stops coming out.
- Fish sauce is made from fermented fish. It has a strong taste and smell but when mixed with all the other ingredients adds a wonderful salty, savory taste.

Skills:

- Chopping, **grating***

* Grate: To scrape food against the holes of a grater, making thin pieces