



Vietnamese Rice Paper Rolls

Season: Winter

Type: Starters

Difficulty: Intermediate

Makes: Approximately 30 small rolls

Fresh from the garden: Asian greens, carrots, coriander, cucumber, eggs, garlic, lime, Thai basil/Vietnamese mint

Recipe Source: Stephanie Alexander Kitchen Garden Foundation

Being able to make rice paper rolls is a good skill to have – it might take a bit of practice at first but you'll quickly get the hang of folding the rice paper over the ingredients so it's firm but doesn't rip. Dipping sauces are also really easy to make – just remember to try to balance the flavour so it's not too salty, not too sweet.

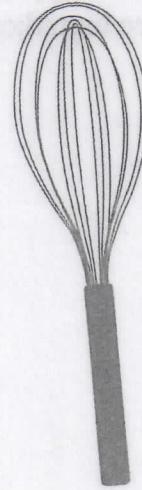
Equipment:

medium saucepan
colander
knives – 1 large, 1 small
chopping boards
measuring spoons
2 medium mixing bowls
mixing spoon
whisk
egg flip
large platter to serve
citrus juicer
garlic press
6 clean tea towels
small serving bowl
serving tray

Ingredients:

120 g vermicelli noodles
250 g firm tofu
3 teaspoons soy sauce
2 teaspoons fish sauce
1 teaspoon palm sugar
4 eggs
2 tablespoons sunflower oil
2 large or 4 small cucumbers
1 large or 2 small carrots
Asian greens
1 cup Thai basil/Vietnamese mint leaves
1 cup coriander leaves
handful of bean sprouts
24 small rice papers

For the dipping sauce:
1 clove of garlic
1 lime
1 tablespoon fish sauce
2 tablespoons castor sugar
tiny drop of chilli sauce



What to do:

- Cook the vermicelli by adding it to a pot of boiling water for 3 minutes, then drain and allow to cool.
- Slice the tofu into long, thin slices – about 5 mm thick by 50 mm long.
- Mix together 2 teaspoons of soy sauce, 1 teaspoon of fish sauce and 1 teaspoon of palm sugar. Marinate the tofu in this mixture.



Vietnamese Rice Paper Rolls continued

- Whisk the eggs in a bowl with a splash of soy sauce and fish sauce.
- Put the wok onto high heat and add the peanut oil. Pour the egg mix into the hot wok and cook on a high heat until the mix is cooked right through and looks like a big omelet. Remove from the wok, place on the chopping board and slice into long slithers.
- Finely slice the cucumbers, carrot and spring onion to the same thickness as the tofu.
- Place a rice paper wrapper on a tea towel and sprinkle lightly with water. Rub the water all over the paper.
- Onto the rice paper place a small amount of vermicelli noodles, then a small amount of each ingredient. Roll over once, tuck the loose ends into the roll and then roll up. Stack the rice paper rolls onto your serving tray.
- For the dipping sauce, first crush the garlic and juice the lime. Mix all the dipping sauce ingredients together. Serve in a small bowl alongside the rice paper rolls.

