

Vietnamese Rice Paper Rolls



Equipment:

Large bowl
Strainer
Large flat dish or tray
Chopping board
Sharp knife
Grater
Vegetable peeler
Measuring spoons
Medium mixing bowl
Whisk
Small serving bowls (3)
Clean tea-towel
Pot
Wooden spoon
Microplane

Ingredients:

Filling

100g vermicelli noodles
1 packet round rice paper sheets (22cm diameter)
1 carrot cut into thin, 3cm long strips or grated
1 large cucumber cut into thin, 3cm long strips
4 spring onions cut into thin pieces
Handful of native river mint.
3 tablespoons of hoisin sauce

Dipping Sauce suggestions

Sweet Chilli Based Sauce

3 tablespoons of sweet chilli sauce
2 tablespoons of brown sugar
3 tablespoons of rice wine vinegar
2 tablespoons of lime juice
Salt

Fish Sauce

3 tablespoons of fish sauce
3 tablespoons of lime juice
2 tablespoons of vinegar
2 tablespoons of sugar
2 cloves of garlic, grated with a microplane
2 teaspoons of hot red chilli, chopped

Hoisin Based Sauce

½ cup hoisin sauce
½ cup of light coconut milk
1 teaspoon of roasted peanuts, crushed
1 teaspoon of red chilli, chopped

What to do:

1. Soak the noodles in a large bowl of hot water for 4-5 minutes or until softened. Rinse under cold water, drain well, then snip into pieces with clean scissors.
2. Wash and prepare the vegetables. When the food is cut into short thin strips (like the carrots) it is called *julienne* (this is a French name).
3. Half fill a large flat dish with warm water. Soak a rice paper sheet in the water briefly to soften and lie flat.
4. Place a small handful of noodles and other toppings on the bottom third of the rice paper sheet.
5. Drizzle of hoisin sauce.
6. Roll over once and fold in the edges. Continue to roll up tightly.
7. At home cover with a damp cloth while you make the rest of the rolls.
8. To make the dipping sauce, combine all the ingredients in a bowl and mix well. If you're making the hoisin based sauce you will need to place all the ingredients in a saucepan and stir over moderate heat for a couple of minutes.
9. Serve a small amount of sauce with the rice paper rolls.

NOTE: You can add whatever you like e.g. cooked shredded chicken, prawns or pork and leftovers you have in the fridge. They are great for a quick healthy dinner and are perfect for school lunchboxes.