

Vietnamese Rice Paper Rolls

Season: Summer / Autumn

Makes: Approximately 30 small rolls

Fresh from the garden: carrots, celery, coriander, cucumber, garlic, lettuce, lime, Thai basil, Vietnamese mint

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:

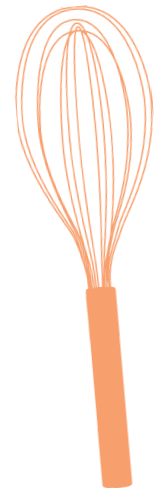
medium saucepan
metric measuring scales, cups and spoons
clean tea towel
chopping board
knives – 1 cook's, 1 small
salad spinner
citrus juicer
colander
mixing bowls – 2 medium, 1 large and shallow
mixing spoon
whisk
wok
spatula
large platter to serve
small serving bowl

Ingredients:

120 g vermicelli noodles (cooked)
3 tsp soy sauce
250 g firm tofu, sliced 5 mm thick and 50 mm long
2 tbsp sunflower oil
30 small rice papers (enough for each student to make 1 each) 1 small cucumbers, sliced as per tofu
1 large or 2 small carrots, sliced as per tofu
10 Thai basil
10 mint leaves
10 Vietnamese mint leaves
10 coriander leaves
6 cos lettuce or 1 per student to place their rice paper roll onto.

For the dipping sauce:

1 garlic clove, peeled and finely chopped
juice of a lime
2 tbsp caster sugar
2 tbsp sweet chilli sauce



What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Place the vermicelli into the boiling water for 1–2 minutes, then drain and allow to cool.
3. wash all the cos lettuce leaves than dry them on a clean tea towel. Place them on to a platter to eventually put the rice paper rolls onto.

4. Mix together 2 teaspoons of soy sauce, 1 teaspoon of fish sauce and 1 teaspoon of palm sugar in a medium bowl. Marinate the tofu in this mixture.
5. Half fill the large, shallow bowl with warm water.
6. Dip a rice paper wrapper into the water and remove after 15 seconds. Place the wet rice paper wrapper flat onto a large dinner plate.
7. Place a small amount of vermicelli noodles, then a small amount of each ingredient onto the bottom third of the rice paper.
8. Roll over once, tuck the loose ends into the roll and then roll up.
9. Place the rice paper rolls onto your platter of cos lettuce to serve.
10. For the dipping sauce, mix all the dipping sauce ingredients together in a small serving bowl. Serve alongside the rice paper rolls.

