

# VIETNAMESE SPRING ROLLS

## **Equipment:**

Frying pan and spatula  
4 clean tea-towels  
Measuring spoons  
Measuring cups  
Chopping board  
Kitchen knife  
Bowls – 2 small, 1 medium, 2 large  
Colander  
Peeler  
Grater  
Serving plate  
Fork

## **Ingredients:**

2 carrots - grated  
1 iceberg lettuce – finely sliced  
2 eggs – cooked into Omelette and finely sliced  
100g rice vermicelli noodles  
1 cup finely chopped mixed fresh herbs (coriander, spring onions, mint)  
Other vegetables to consider; Kohl Rabi-grated, bean sprouts blanched for ½ minute  
23 large rice paper wrappers

**Dipping Sauce:** Mix in a small bowl  
¼ cup fresh lime juice  
2 tablespoons sugar  
2 tablespoons fish sauce  
2 cloves garlic – minced  
Chilli (optional) – 1 crushed fresh red  
1 tablespoon grated carrot  
1 teaspoon minced ginger  
1 teaspoon sugar

## **How to make it:**

### **STEP 1: Making the Omelette**

- 1 Break the eggs into a small bowl and add a pinch of salt. Beat to mix with a fork.
- 2 Heat 1 tablespoon oil in a fry pan and when the pan is warm add the egg mixture.
- 3 Swirl the egg mixture in the pan to evenly spread the egg. Lightly brown both sides of the Omelette.
- 4 Place the Omelette on a cutting board and cut into fine strips. Set aside.

## **STEP 2: Preparing the filling**

- 1 Place the noodles in a medium size mixing bowl and pour over boiling water. Leave to soak till the noodles are soft, about 10 minutes. Drain, cut into 6cm lengths with a kitchen scissor.
- 2 In a large mixing bowl, mix all the vegetables, herbs, omelette strips and noodles.

## **STEP 3: Making the rolls - consider the actions of making an envelope**

- 1 Fill a large bowl  $\frac{3}{4}$  filled with warm water. Put 1 wrapper at a time for about 30 seconds in the warm water till they are pliable. When pliable, put the wrapper on a damp tea-towel.
- 2 Arrange two tablespoons of filling along the rice paper wrapper about  $\frac{1}{3}$  the way from the bottom.
- 3 Fold the bottom of the wrapper over the filling and roll it over twice. Now tuck in the ends and continue to roll until you have a firm package.
- 4 Keep the rolls separated from each other (otherwise they stick to each other), seam side down on a tray. Cover with a damp tea towel to prevent it from drying out. Chill if not serving immediately, they will hold their shape for 24 hours.
- 5 Lay the rolls out on a serving plate and garnish. You may wish to cut each roll diagonally into half.
- 6 Serve with dipping sauce.

