

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.

