



Vegetarian Vietnamese Rice-Paper Rolls

Serves tastes for class of 36



Equipment needed

measuring spoons
measuring cups
scales
large and small mixing bowls
colander
chopping board
knives
peeler
grater juicer
wooden spoon
3 clean tea-towels
small bowls for dipping sauce
3 or 4 serving plates

Ingredients

150g rice vermicelli small
bunch coriander
2 medium carrots
2 cups bean sprouts
5 spring onions
15mint leaves
rice-paper wrappers
(1 per person plus extra 5)

Dipping sauce

1 Tablespoon fish sauce
1tablespoon brown sugar
1 lemon juiced

Mix all ingredients together in small bowl and divide into small dipping bowls.

Note

Strips of cold cooked chicken, beef, fish or other vegetables such as finely shredded chinese cabbage could also be added with the filling

What to do

1. Weigh the noodles, break them up and place in a large bowl. Fill the bowl with hot water and soak the noodles for 10 minutes.
2. Place the colander in the sink and drain the noodles.
3. Tip the noodles onto a clean tea towel and pat dry. Put the noodles back into the large bowl.
4. Peel the carrots and grate on the largest hole of the grater. Add to the bowl.
5. Trim the outside layer off the spring onions, cut off the tops and ends then slit them lengthways and cut into 3 cm strips.
6. Rinse the coriander and mint and pat dry with tea-towel. Chop roughly and add to bowl.
7. Mix everything together in bowl. Add the fish sauce, brown sugar and lemon juice and mix well.
8. Half fill second large bowl with warm water. Spread dry tea-towel on bench.
9. Put a rice-paper wrapper in warm water for about 30 seconds until it feels pliable then lift the wrapper out and place on the tea-towel
10. Place a spoonful of the filling across the wrapper about a third of the way from the bottom. 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.
11. Place roll on serving tray, cover with a damp cloth (the tea towel you used for the noodles) and complete the rest of the rolls.
12. Cover with cling wrap and keep in fridge if eating later.