

Vietnamese Rice Paper Rolls

Season: Winter

Makes: Approximately 30 small rolls

Fresh from the garden: carrots, coriander, cucumber, eggs, garlic, 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:

metric measuring scales, spoons and cups
medium saucepan
2 medium mixing bowls
mixing spoon
clean tea towel
chopping board
knives – 1 cook's, 1 small
whisk
wok
egg flip
large platter to serve
garlic press
citrus juicer
small serving bowl

Ingredients:

120 g vermicelli noodles
3 tsp soy sauce
2 tsp fish sauce
1 tsp palm sugar
250 g firm tofu, sliced 5 mm thick and 50 mm long
4 eggs
2 tbsp sunflower oil
30 small rice papers
2 large or 4 small cucumbers, sliced as per tofu
1 large or 2 small carrots, sliced as per tofu
1 cup Thai basil/Vietnamese mint leaves
1 cup coriander leaves
1 handful of bean sprouts

For the dipping sauce:

1 clove of garlic, finely chopped
juice of 1 lime
1 tbsp fish sauce
2 tbsp castor sugar
tiny drop of chilli sauce



What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Cook the vermicelli by adding it to a saucepan of boiling water for 3 minutes, then drain and allow to cool before rinsing with cold water.
3. Mix together 2 teaspoons of soy sauce, 1 teaspoon of fish sauce and 1 teaspoon of palm sugar. Marinate the tofu in this mixture.
4. Whisk the eggs in another bowl with a splash of soy sauce and fish sauce.
5. Heat the wok and add the oil. Pour the egg mix into the hot wok and cook on a high heat until the mix is cooked right through and looks like a big omelette.

6. Remove from the wok, place on the chopping board and slice into long slithers.
7. Dip a rice paper wrapper into a bowl of warm water and remove immediately. Place the wet rice paper wrapper flat onto a clean workbench or chopping board.
8. Place a small amount of vermicelli noodles, then a small amount of each ingredient onto the bottom third of the rice paper.
9. Roll over once, tuck the loose ends into the roll and then roll up.
10. Stack the rice paper rolls onto your platter to serve.
11. For the dipping sauce, mix all the dipping sauce ingredients together. Serve in a small bowl alongside the rice paper rolls.

