

Vietnamese Rice Paper Rolls

Makes: varies, see Note

Recipe source: various

Preparation time: 10 minutes

Cooking time: n/a

Ingredients:

Rice paper

Vermicelli rice noodles

Fillings:

Cooked chicken (optional)

Carrot

Bean sprouts

Lettuce

Cucumber

Mint

Coriander

What to do:

Preparation

1. Prepare rice noodles:
 - a. Soak rice noodles in a bowl of hot water until soft.
 - b. Strain water from noodles over the sink.
 - c. Using tongs spread noodles on a tea towel and pat dry.
 - d. Return noodles to bowl.
2. Rinse all vegetables.
3. Rinse herbs, then dry them by twisting them inside a clean dry tea towel.
4. Prepare filling:
 - a. Slice chicken into strips about 5cm long.
 - b. Slice carrot into very thin sticks about 5cm long.
 - c. Slice lettuce.
 - d. Cut cucumber into thin sticks about 5cm long.
 - e. Pluck all mint and coriander leaves from the stalks.
5. Pour warm water into a flat tray in the centre of the table.
6. Place damp tea towels on the table in front of each person.

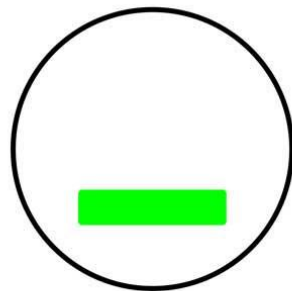
Assembly

7. Wet one sheet of rice paper with warm water, (do not soak), then carefully place on a moist tea towel and wait until soft and pliable.
8. Spread a portion of each filling ingredient in a line at one end of rice paper (about $\frac{1}{2}$ way between the centre and the edge of the rice paper).

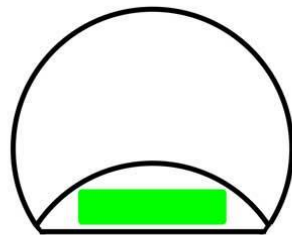
9. Fold the closest edge over the fillings, then fold in both sides and roll to the far edge of the rice paper. (See diagram below).
10. Serve with Nuoc Cham dipping sauce.

Notes:

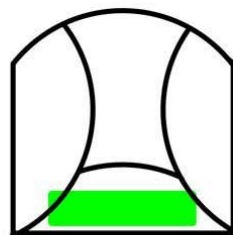
- It doesn't matter what order you add your fillings.
- How many you can make is dependent on the type and amount of filling you add ...
 - although one packet of rice paper contains about 16 sheets;
 - in class we used 1/2 packet of vermicelli rice noodles.



Add the filling



Fold the bottom over



Fold the sides in



Squeeze and roll to get a nice tight rice paper roll.