

# Vegetable spring rolls, sweet and sour sauce - Virtual Workshop Version

## Recipe for 2 portions

### Description

Spring roll made with a sheet of rice paper, garnished with carrot, soy, radish, parsnip, mint leaves and chives. Served with a sweet and sour sauce.

### Note

You can use the sauce for spring rolls as well as for grilling meats

### Ingredients

#### Spring rolls

- 50 Gr Rice vermicelli
- 4 Unit(s) Rice paper
- 1 Tbsp Black sesame seeds
- 1 Wedge(s) Boston lettuce
- 1 Unit(s) Carrot
- 8 Leaf(ves) Mint
- 0.50 Bunch(es) Chives
- 1 Handful(s) Sprouted soybeans
- 0.25 Unit(s) Cucumber

#### Sweet and sour sauce

- 2 Tbsp Fish sauce Nuoc-mâm
- 1 Tbsp White wine vinegar
- 1 Tbsp Sugar
- 1 Clove(s) Chopped garlic
- 0.25 Unit(s) Red pepper
- 2 Sprig(s) Coriander
- 6 Unit(s) Crushed peanuts

### Preparation

- Preparation time **30 mins**
- Preheat your at **400 F°**

#### Things to do before the workshop

#### **Ingredients to prepare :**

1 / Cooking the rice vermicelli, bring a pot of salted water to boil, remove it from heat, immerse the rice vermicelli in it for 3 to 5 minutes, off the heat (they must remain al dente), drain them, then cool them immediately under cold water. (keep a damp cloth on it)

2 / Wash the cucumber, cut it in half on the longer side, using a teaspoon remove the seeds in the middle. Then cut it into sticks (approx. 8 cm max).

3 / Wash the lettuce leaves, keep them under a damp cloth.

4 / Peel and grate the carrot, keep a damp towel on it.

5 / Roast the peanuts in the oven for 3 to 5 minutes (400 ° F), at the exit, crush them and finish chopping them with a knife.

#### **List of equipment :**

Provide a bowl or a pan with a circumference greater than the diameter of your rice sheets.

2 dry cloths (kitchen towels)

Roll of cling film + 1 large plate

1 bowl + 1 saucepan + 1 spoon or whisk (sauce)

Cutting board, paring knife

Presentation dish + sauce dish

### Spring rolls

Soften a sheet of rice paper in hot water then place it on a cloth wet, sprinkle sesame over the entire surface. Place in order : lettuce leaves, cooked vermicelli in the center of the lettuce, grated carrot, bean sprouts, cucumber sticks, mint and a few sprigs of chives then pepper.

Start wrapping all of the filling, then fold each side inward to enclose the filling, the paper in front over the filling, then roll to close with the top. Place your rolls on a plate then cover with cling film.

### Sweet and sour sauce

Wash the vegetables, chop the pepper and garlic.

Mix with the fish sauce, vinegar, sugar and a little water if needed.

**Bon appétit!**