



## Vietnamese Salad/Summer Rolls:

Yield: 8 spring rolls

Preparation Time: About 1 hour

<p><u>Ingredients:</u></p> <p><u>Spring Rolls:</u></p> <ul style="list-style-type: none"><li>• ½ package thin dried rice noodles</li><li>• 4 - 6 small leaves of butter lettuce</li><li>• 1 carrot, grated</li><li>• 1/4 English cucumber</li><li>• 4 green onions</li><li>• ½ cup (125mL) radish sprouts (or bean sprouts)</li><li>• 1/4 cup (60mL) fresh mint</li><li>• 1/4 cup (60mL) fresh cilantro</li><li>• 1/4 cup (60mL) fresh basil</li><li>• ½ package firm tofu, cut into cm cubed sticks</li><li>• 8x 25cm rice paper wrappers (plus extra is case of tearing)</li></ul> <p><u>Peanut Sauce:</u></p> <ul style="list-style-type: none"><li>• 1/4 cup (60mL) peanut butter</li><li>• juice of 1 lime</li><li>• 2 Tbsp (30mL) fish sauce</li><li>• 5 cm slice of grated fresh ginger</li><li>• 2 cloves garlic</li><li>• 1 tsp (5mL) red chili flakes (or to taste)</li><li>• 3 Tbsp (45mL) water</li></ul>	<p><u>Equipment:</u></p> <ul style="list-style-type: none"><li>• clean tea towel</li><li>• cooking tray with sides, or large bowl (for dipping rice wrappers)</li><li>• large bowl</li><li>• strainer</li><li>• tongs</li><li>• cutting board</li><li>• small sharp knife</li><li>• measuring cups</li><li>• juicer</li><li>• measuring spoons</li><li>• spatula</li><li>• small bowls for the prepared vegetables and tofu</li></ul>
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### Method:

1. Wash and dry all the vegetables.
2. Fill a large bowl with hot water. Add the rice noodles, breaking them up a bit as you add them. Let sit for 5 minutes or until the noodles are soft. Drain the noodles in a strainer in the sink. Shake out the water. Put

- aside for now.
3. Place the lettuce in a stack on a cutting board. Roll up the lettuce leaves into a tube shape and slice into thin strips. Place in a small bowl.
  4. Grate a carrot and place in a small bowl.
  5. Cut the piece of cucumber in  $\frac{1}{2}$ . Using a small spoon, remove the seeds from the cucumber. Slice the cucumber into thin strips. Place in a small bowl.
  6. Trim the tops and bottoms off of the green onions so that they are about 15 cm long. Carefully cut the green onions in half, lengthwise. Place on a paper towel or plate.
  7. Measure the radish sprouts and place in a small bowl.
  8. Remove the stems from each herb (basil, mint and cilantro). Tear the herbs into smaller pieces. Place the herbs in a small bowl and combine.
  9. Cut  $\frac{1}{2}$  block of tofu into long sticks, about a cm wide.
  10. Clear off a work area at the counter. Place a clean tea towel in front of you and gather all the bowls of prepared ingredients and the rice paper wrappers around you.
  11. Put some warm tap water into a baking tray with sides or in a large bowl and put it by the tea towel as well.
  12. Submerge a rice paper wrapper in the water and carefully swish it around for a moment. The wrapper should be soft but not falling apart when you remove from the water. Take it out of the water and lay it on the tea towel. Let the wrapper soften for a minute.
  13. Place strips of tofu in a line on the bottom  $\frac{1}{3}$  of the rice paper wrapper, leaving a strip of wrapper showing at the bottom and each side.
  14. Place about  $\frac{1}{3}$  cup of rice noodles on top of the tofu, leaving the bottom and sides of the noodle showing.
  15. On top of the tofu and noodles, place some lettuce, leaving some wrapper showing at the bottom and sides.
  16. Place on top a line of grated carrot, cucumber strips and radish sprouts.
  17. Sprinkle with some herbs.
  18. Lay a piece of green onion on top (trim any extra, if the green onion is too long).
  18. Fold the bottom strip of wrapper up over the ingredients and carefully pull towards you to snug up the wrapper. Fold in the left and right sides of the wrapper and roll the bundle up into a tight log. The top edge of the wrapper should stick to close the roll.
  19. Place the spring rolls on a plate or tray.
  20. Repeat steps 11 - 18 until you have used all the ingredients.
  21. Refrigerate the rolls until you are ready to serve them. When ready to serve, serve whole or cut in half. (If you are serving the spring rolls cut, be sure they are rolled tightly, or they will fall apart.)
  22. Serve with peanut sauce.

### Peanut Sauce:

1. Measure the peanut butter, fish sauce, chili flakes and water and put in a food processor.
2. Cut the lime in ½ and juice with a juicer or reamer. Add to the peanut butter mixture.
3. Remove the skins from the garlic and cut the garlic into smaller pieces. Add to the food processor.
4. Remove the skin from the ginger using a spoon. Chop the ginger into smaller pieces. Add to the mixture.
5. Put on the lid food processor and turn it on. The ingredients should become a smooth paste. Turn the machine off and scrape down the sides of the machine then turn it on again. If it is not smooth, add a Tablespoon more water.
6. Put into a small bowl for dipping.

### Tasty Tip:

- You can roll a variety of ingredients into a spring roll. If you don't like an ingredient, leave it out! Try rolling in other ingredients like: cooked chicken, sliced mushrooms, chopped cabbage, or pineapple.