

Vietnamese Cuisine

With Allie Tran and Quynh Nguyen

Gỏi Cuốn – Spring Rolls

Ingredients

- 1 package clear edible rice paper sheets (spring roll wrapper)
- 1/2 lb cooked small shrimp (peeled, deveined, halved)
- 1 bunch fresh mint leaves
- 1 head leafy lettuce, washed and separated into leaves
- 1 cucumbers, peeled and cut into thin strips
- 1 carrot, peeled and grated
- 1 cup fresh bean sprouts (optional)
- 1 package vermicelli rice noodles, prepared according to package directions

Directions

1. Have shrimp precooked and cold and the rice noodles prepared already (the noodles should be white, long and at room temp).
2. Make sure all veggies and herbs are cleaned, dried, and set out before you start.
3. Dip a sheet of rice paper wrapper into warm water very quickly, no longer than a second or two (or they will get too soggy) and lay flat on a work surface.
4. On one edge, lay a small handful of noodles, some shrimp, mint leaves, a lettuce leaf, some cucumber strips and bean sprouts, all to taste but don't overstuff.
5. Carefully start to roll up eggroll style, tucking in the sides, then continue to roll up-but not too tightly or the spring roll will split.

Peanut Dipping Sauce

Ingredients

- 1/2 cup natural creamy peanut butter
- 1/4 cup low-sodium chicken broth or water
- 3 tablespoons low-sodium soy sauce
- 1 1/2 tablespoons brown sugar
- 1 1/2 tablespoons minced fresh ginger
- 2 tablespoons lime juice
- 1 teaspoon minced garlic

Directions

1. Microwave peanut butter for 20 seconds - should be slightly warm. Place all ingredients in a blender and blend until smooth.

Sauce can be made 1 day ahead of time, and will keep 3 to 4 days in the refrigerator.

Yield: about 1 1/4 cups

Bún Riêu – Shrimp-Crab Noodle Soup

Ingredients

- 1 lb shrimp
- 1/4 lb ground pork
- 2 eggs
- 2 cans/jar of crab paste or minced crab paste in spices (5.6 oz for the can, ~7 oz for the jar, shrimp/prawn paste also works)
- 2 tomatoes, cut into wedges
- 1 big (49 oz) reduced sodium chicken stock can
- 2 big chicken stock can of water
- 1 bag dry rice noodles
- 1 tbsp vegetable oil
- Fried tofu (optional)
- Fish sauce to taste
- 1 lime, cut into wedges
- Shrimp paste (optional)

Directions

1. Combine ground pork with shrimp in food processor. Mix with egg and 1 jar crab paste. Stir well for about two minutes.
2. Sauté 1 jar crab paste on bottom of stock pot on medium-high heat until aromatic (about 5 minutes). Add chicken stock and water until boiling.
3. Reduce heat to medium-low. Spoon in shrimp-pork mixture, one spoonful at a time (they will look like meatballs). Let simmer for 20 minutes until shrimp-pork balls are fully cooked and firm. They should float to the top. (You can add the cooked tofu at this time if you'd like)
4. In the meantime, boil water and add rice noodles. Drizzle in a little bit of vegetable oil. Cook until soft (instructions are on the package). Drain.
5. Add tomatoes to stock pot and cook until slightly softened (about 1 minute).
6. Stir in fish sauce -- it is very salty and has a distinct flavor so add to taste preferences.
7. Place noodles in a bowl and ladle broth, shrimp-pork balls, tomatoes, and tofu into the bowl. Serve with lime wedges. Spritz a little bit of lime over noodle soup and add additional fish sauce and/or shrimp paste, if desired.

Mung bean pudding with tapioca pearls (Chè đậu xanh bột báng)

Adapted from: <http://www.alatteandapen.com/mung-bean-and-tapioca-pudding/>

Serves 2

Ingredients

- 1/2 cup dried yellow mung beans
- 3 tbsp dried small tapioca pearls
- 1/2 cup coconut milk
- 1 Pandan leaf
- 3-4 chunks rock sugar, each about 1-inch in size

Directions

1. Place mung beans in a medium bowl, add enough water to cover by an inch, and soak overnight at room temperature.
2. Drain and rinse mung beans in a strainer. Place tapioca pearls in a small bowl, cover with water, and soak 15 minutes. Drain and place pearls in a small saucepan. Add enough water to cover the pearls and bring to a boil uncovered over medium-high heat. Once boiling, turn off heat, cover, and let sit 30-40 minutes, until pearls turn translucent. Drain in a strainer and set aside.
3. In a medium saucepan, add 1 1/2 cups of water, drained mung beans, and pandan leaf. Bring to a boil, uncovered over high heat, then reduce heat to low and simmer 10-15 minutes, stirring occasionally. Continue to add more water, a few tablespoons at a time, to prevent beans from drying out. When beans soften, gently mash with a potato masher. (There should not be any excess water to drain.) Stir in coconut milk, rock sugar, and tapioca pearls and simmer until sugar has dissolved. Taste and add more coconut milk and/or sugar if desired. Ladle into small bowls or jars. Serve immediately or at room temperature.