

Valentine[®]
SWISS MADE

Recipe n°6

VIETNAMESE SPRING ROLLS

Prepared with the Valentine TF3 fryer
by Chef Philippe Lignon





Valentine presents a recipe created by Chef Philippe Lignon

RECIPE N°6

VIETNAMESE SPRING ROLLS

FOR 4 PERSONS

Preparation time	45 min
Cooking time	4 min

Ingredients

Rice wrappers (medium-sized)	8 pieces
Pork meat (minced)	300 gr
Cornucopia (dehydrated)	50 gr
Onions	50 gr
Carrots	50 gr
Garlic clove	1 piece
Fresh ginger	50 gr
Fresh coriander	50 gr
Fresh ginger grated	10 gr
Nuoc Mam Sauce or Fish Sauce	1 pinch
Salt	1 pinch
Castor sugar	1 pinch
Rice vermicelli	50 gr
Green salad leaves	
Spicy sweet & sour asian sauce	100 ml

Material needed

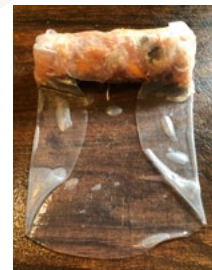
Valentine TF3 fryer
Scale
Absorbant paper towel

METHOD

- Peel the carrots and grate them.
- Peel and chop the garlic, the onions and the coriander.
- Soak the rice vermicelli and the cornucopias separately in lukewarm water for 15 minutes. Then drain and cut the rice vermicelli to about 5 cm in length.
- Cut the mushrooms into strips.



- Gently mix by hand the mushrooms, vermicelli, aromatic herbs, vegetables (including ginger) and meat.
- Add the Nuoc Mam sauce, keeping the mass very firm.
- Finally add the salt and sugar until you get a homogeneous mixture.
- Dip the rice wrappers one by one in cold water placed in a bowl or a large deep plate.
- Then place a tablespoon of stuffing at the top of the drained rice wrapper and trap it by folding the edges of the wrapper.
- It is VERY important to well tighten the roll without bursting it! Continue to roll to completely close it. You can use a kitchen spatula.
- Repeat the operation by rolling the obtained roll in a second rice wrapper.



Cooking:

- Heat the fryer to 180°C. Prepare absorbent paper towel for the end of cooking.
- When the oil is at temperature, immerse the spring rolls in small numbers in the fryer and stir them gently to prevent them from sticking to the basket.
- Cook until they start to colour.
- Drain and serve them on a salad leaf with aromatic herbs and the appropriate sauces, such as sweet and sour sauce and soy sauce if you have it.
Enjoy your meal!



DID YOU KNOW?

How about going on a trip this month ?

With rich culinary experiences in Asia, in Japan and especially in Cambodia, I have often wondered why Vietnamese cuisine keeps coming back in the various comparisons that some gourmets offer.

Why is this Vietnamese cuisine so often quoted ?

Perhaps because of the incredible beauty of this country, heart taking by its sometimes sad and tumultuous history. A country that I had the opportunity to visit and which also surprised me with its rich gastronomy. A region surrounded by so many countries and diverse influences, Vietnam also has the advantage of being stretched on a long distance, from north to south, which offers an incredible and diverse choice of such different products.

What is to be noticed in this recipe is the permanent contrast we can feel regarding the 5 senses :

A balanced visual with red, white and green, but above all the 4th colour which is the end point of this balance : the brown from the frying. The contradiction is felt in the texture : tender food in a crispy dough. What more is needed to excite our finest appetites. As for the aromas, just close your eyes and guess the fresh coriander amongst the Nuoc Mam !

Have you ever enjoyed pleasure when biting into a spring roll and hearing it crunch in your mouth; what a divine moment, isn't it ?

And what about the touch in all of this ? Well if you are afraid of using Chinese chopsticks due to lack of dexterity, take a salad leaf and wrap it around your nem. You will start smiling thinking of this advice which will certainly remind you travel or even childhood memories...

However !

It seems to me that we lost our way for a few moments in this magnificent book dating from 1825, "The Physiology of Taste or Meditations of Transcendent Gastronomy" by Jean-Anthelme Brillat-Savarin. This book is always next to me in my life as a man and as a cook ... It's all there !

Enjoy it !