Shrimp and Mango Rice Paper Rolls
Gỏi Cuốn Tôm Xoài

Ingredient, Prep and Equipment List for September 25, 2020
Menlo Park Library Cooking Class

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FOR THE ROLLS:

“Noodle”: choose 1
- 3 to 4 ounces dried small round rice noodles (maifun) or dried rice capellini
  *Supermarket brand options: Dynasty, Ka-me in the Asian section; Jovial brown rice capellini is in the gluten-free section. Three Ladies and Sailing Boat are occasionally sold at mainstream markets but are stalwarts at Asian markets.*
- 12 ounces bean sprouts

Protein: choose 1
- 18 medium cooked shrimp (about 1/2 pound)
- 18 medium (36 to 42 count) shrimp, peeled and deveined
- 6 ounces baked tofu, leftover cooked chicken, steak or pork, thinly sliced

Lettuce: choose 1
- 1 1/2 cups baby spring lettuce mix
- 1 1/2 cups very thinly sliced Napa cabbage
- 1 1/2 cups very thinly sliced iceberg lettuce
- 1 small head butter, red or green leaf, leaves separated

Other veggies: choose 2
- One 16-ounce unripe mango, peeled, pitted and cut into thin strips to match cucumber (if using)
  *Select a rock hard, green mango for a delicate, fun tang. Or, go with a very firm, slightly under ripe mango for a sweet-savory finish.*
- 2 medium Persian cucumbers or 1/2 English cucumber, halved lengthwise, seeded, and cut into thin long strips about 4-inches in length
- 1 medium carrot, cut into thin matchsticks (julienne)

Herbs: choose 2
- 6 to 8 bushy mint sprigs
- 6 to 8 bushy basil sprigs
- Small handful cilantro sprigs

Rice paper
- 12 (8 inch) rice paper rounds
  *I favor 3 Ladies brand, a standard at Asian markets (Ranch 99, HMart, Lion and many others). It’s also sold on Amazon as well as at Cost Plus World Market. People may use what they can get at their local supermarkets. It’ll be fun to see what people come up with!*

Seasoning:
- Salt, fine sea salt or kosher salt preferred
FOR THE SAUCE

- 2 to 2 1/2 tablespoons sugar, or 3 to 4 tablespoons maple syrup
- 2 limes (to yield 3 to 4 tablespoons juice, choose smooth skinned ones for juiciness)
- 2 teaspoon unseasoned Japanese rice vinegar (optional)
- 3 to 4 tablespoon fish sauce
  *Good supermarket brands: Dynasty, Taste of Thai, Red Boat (Whole Foods carries); good Asian market brands: Three Crabs, Megachef*
- Optional add-in: 1 or 2 Thai or serrano chiles, thinly sliced (keep seeds intact), or 2 to 3 teaspoons chile garlic sauce or sambal oelek (Rooster brand)
- Optional add-in: 1 large garlic clove, minced

HANDY EQUIPMENT

For making the rolls:
- Knife
- Vegetable peeler
- Cutting board, inverted baking sheet or dish towel
- Shallow bowl, baking dish or deep skillet (choose something that's wider than the rice paper)
- Serving plate

For making the sauce
- Citrus juice (reamer or a press)
- Measuring spoons
- measuring cup
- Bowl for holding sauce