

# 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](https://www.amazon.com) 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