



Uyen's Vietnamese Recipes

Vegetable Spring Rolls

INGREDIENTS

(Serves 6)

1 can water chestnuts, drained, roughly chopped
200g green split peas (cooked to soft and drain)
100g packet vermicelli noodles
100g carrot, peeled and coarsely grated
100g shredded Chinese cabbage
1 tablespoons peanut oil
2 green onions, sliced and garlic
1 soy sauce
1/4 teaspoon black pepper
2 teaspoons cornflour
1 pack frozen spring rolls wrapper (25) or 250g rice paper rolls
Vegetable oil for frying
Sweet chilli sauce to serve OR Nuoc Cham dipping sauce (recipe below)

PREPARATION

Place vermicelli noodles in a large bowl with warm water for 5 mins.

Once soft, drain and cut noodles into 3 cm lengths.

In a large bowl mix together carrot, green split peas, cabbage, chestnuts, green onion, soy sauce, pepper, peanut oil and cut vermicelli.

Combine corn flour with 3 tablespoon water in a small bowl and set aside.

Place square spring roll wrapper on your work surface with one corner pointed toward you.

Spoon some filling in a line across the centre of the wrapper from point to point.

Fold left and right corners of wrapper over filling, then fold the bottom corner up and tuck tightly against filling.

Brush cornflour and water mixture on the top corner furthest away from you, then roll toward that point to form a long thin roll, making sure ends stay tucked inside. The cornflour mixture will act as glue.

Repeat with remaining wraps and ingredients.

Heat vegetable oil in a wok on medium/high heat

Add spring rolls to hot oil in batches to avoid overcrowding

Cook for 4 mins or until golden brown.

Remove from the oil and place on a paper towel to remove excess oil.

Serve with sweet chilli or Nuoc Cham dipping sauce (see above).

Nuoc Cham dipping sauce

6 tablespoons fresh lime juice

3 tablespoons Asian fish sauce (preferably nuoc mam)

1/4 cup sugar

1/2 cup warm water

1 garlic clove, forced through a garlic press

2 small thin fresh red or green Asian chillies (1 to 2 inches long) or serrano chillies, seeded and chopped fine (wear rubber gloves).

Nuoc Cham Preparation

In a small bowl stir together all ingredients until sugar is dissolved. Ready to serve.

Phở (Noodle soup)

INGREDIENTS

(Serves 6)

1kg fresh Pho (rice stick) noodles
1kg chicken bones
500g beef bones
300g beef sirloin (finely sliced)
5 litres cold water
1 brown onion quartered
1 brown onion chopped
1 piece ginger (100g)
5 whole star anise
2 cinnamon sticks
5 whole cloves
6 spring onions (scallions) finely sliced green part.
1/3 cup chopped coriander

PREPARATION

Place bones, water, quartered brown onion, ginger, star anise, cinnamon and cloves in a large saucepan over high heat.

Bring to the boil and simmer over medium high heat for 4 hours.

While cooking, regularly skim off any foam or fat that appears on the surface of the stock.

Strain to remove bones, spices and fragrant vegetables, so that you are left with a rich broth.

ASSEMBLY

Prepare 6 bowls with pho noodles

Arrange your strips of finely sliced uncooked beef sirloin on the top pho noodle.

Scatter sliced onion, chopped coriander and sliced spring onions on top.

Moments before serving pour a generous amount of hot broth over your prepared bowls of noodles and sirloin.

Serve with a side of mung bean sprouts, sliced red chilli, hoisin sauce and Thai basil



Banana Fritters

INGREDIENTS

8-10 bananas (ripe)
1/2 cup rice flour
1/2 cup all-purpose flour
1/2 tsp baking powder (optional)
1/4 tsp salt
2 tsp sugar
1 cup water
Vegetable oil

PREPARATION

Mix all ingredients together, excluding banana and oil, to create a batter
Peel bananas and cut in half lengthwise
Cover each banana in cling wrap or cooking paper, flatten slightly with rolling pin
Remove from wrap, dip in batter
Then deep fry in vegetable oil until golden
Serve with cream or ice cream



Uyen samples her delicious pho

“May you have your meal with happiness, loveliness and health.”
- Uyen