

## Janella's Recipes

27.11.2006

### Fresh Spring Rolls



#### Ingredients

- Pickled Ginger
- 1 pkt round rice papers
- 1 cucumber, seeds removed and julienne
- 4 spring onions, sliced diagonally
- 2 small pkts bean thread vermicelli
- 2 chicken breasts, poached then shredded
- 1 sheets of nori, cut into strips
- 1 carrot, julienne
- 1 avocado, sliced
- 2 cup each of mint & coriander leaves
- 1 block firm tofu

#### Dipping Sauce

- 3 tbs sweet chilli sauce
- 3 tbs tamari
- 1 tsp sesame oil

#### Method

Place the bean thread noodles in a bowl and cover with very hot water. They will soften in about 5 minutes. Strain and place these onto a platter.

Whilst the noodles are softening, prepare your vegies. You can either assemble these ahead of time or let your guests roll-up themselves.

To assemble the spring rolls, place 1 sheet of rice paper in boiling water for about 30 seconds. Take out and place on a dry surface. Repeat for as many rolls as you want.

Start by placing a piece of nori on the bottom, (this keeps the wraps dry). Then place a couple of pieces of carrot, 1 piece each of cucumber and avocado, chicken or tofu and a small amount of noodles and shallots. Finish with a sprinkling of coriander and mint. Don't make the wraps too big, as they will burst.

#### Dipping Sauce

Combine the 2 sauces with a few drops of sesame oil and enough water to thin it out. Pickled ginger is great with these.

## Gary's Recipes

27.11.2006

### Vietnamese coleslaw (Serves 4)

#### Method

Place the chicken in a large pot and cover with water, add a few coriander roots, knob of ginger sliced, crushed lemon grass, & a few cloves of garlic, bring to a simmer and cook for 40 minutes, cool & reserve the stock.

Make the dressing with the fish sauce, 100ml of water, lime juice, palm sugar, 1 chilli & 1 clove of garlic. Blitz in a liquidizer and reserve.

Shred the Chinese cabbage, carrot & onion finely.

Pull the cooled chicken from the bone and tear into small pieces, mix together with the dressing, herbs and crispy shallots.

Serve.



#### Ingredients

- 1 whole chicken size 14
- Knob ginger
- 3 chillies
- 1 stick lemon grass
- 1/2 bnch coriander (inc roots)
- 1/2 bnch Viet mint
- 1 head garlic
- 100ml fish sauce
- 75g pale palm sugar
- 2 limes juiced
- 4 tbsp crispy shallots
- 2 tsp sesame seeds
- 1/2 small Chinese cabbage
- 1 small carrot
- 1/2 red onion
- 1 cup of super fresh bean sprouts.