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FOOD



Vietnamese Egg Roll Recipe

by Paul A. Neufeldt

This recipe does take a bit of hands on time, so clear an afternoon. It's easy to make a double batch to freeze. They're worth it. Serves 50 egg rolls.

INGREDIENTS:

- ½ cup rice vinegar
- Juice and zest from 1 lime
- 2 cups filtered water
- 1 tablespoon cardamom
- 100g package dried bean thread noodles (3.5 oz)
- ¼ cup shredded wood ear mushroom, dried
- 2 cups grated taro root
- 2 cups small skinned & deveined shrimp
- 2 cups finely diced fried tofu
- ¼ cup grated carrot
- 5 shallots
- 5 garlic cloves
- 1 tsp kosher salt
- 1.5 inch square piece of ginger root
- 1 tblsp soy sauce
- ½ tsp ground pepper
- 1 egg yolk, slightly beaten
- 1 50-count package of spring roll wrappers approx 6x6" (from frozen section)
- Vegetable oil for frying



INSTRUCTIONS:

1. Heat vinegar, water, lime juice and zest in saucepan until boiling, then shut off heat. Add cardamom. Soak dried wood ear mushroom, bean thread noodles and tofu for 10 minutes in saucepan. Drain in colander. Laying solids on a cutting board, chop noodles and shredded mushrooms into 1"-2" long pieces. Set aside.
2. Put shallots, ginger and garlic in a blender and blend until finely diced.
3. **Filling:** In a large mixing bowl, combine all ingredients except the egg yolk (*that is only used to seal the rolls*). Mix until thoroughly combined.
4. Gently pull the wrappers apart. Set on a plate, covered with damp paper towel.
5. Place approximately 2 Tablespoons of filling in a sausage shape on one wrapper. Roll by folding over three corners toward the middle, then rolling the whole over the last corner. Before completing the roll, use a small amount of egg yolk to seal. Repeat until all wrappers are rolled.
6. Fill a heavy pot with 1" vegetable oil and heat to 350 degrees. Test oil by placing a wooden chopstick into it--if bubbles rise to the top, then it's hot enough. Fry egg rolls in small batches until golden brown, flipping over at about 5 to 6 minutes or as needed. Hold end down with tongs to drain oil when taking out each roll. Place on cooling rack with paper towels underneath.

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