

# Rice Paper Wraps with Vegetables

Recipe courtesy of The Cookworks, 2003

Total Time: 1 hr 5 min

Yield: 12 rolls

Prep: 1 hr

Level: Intermediate

Cook: 5 min

## Ingredients

Warm water, for soaking rice paper wrappers

1 package rice paper wrappers, see Cook's Note\*

1/4 cup cilantro leaves

1/2 cup julienned red bell pepper

1/2 cup julienned yellow bell pepper

1 cup snow peas, stringed and julienned

~~3 1/2 ounce package enoki mushrooms~~ \*Dad doesn't think these do much

1 cup bean sprouts

1 recipe seasoned Buckwheat or Soba Noodles, recipe follows

1/4 cup pickled ginger

Kosher salt and freshly ground black pepper

2 tablespoons black sesame seeds

Orange-Chili Dipping Sauce, recipe follows

## Directions

In a large bowl filled with warm water, soak 1 rice paper wrapper for about 20 seconds or until soft. Lay wrapper out on a tea towel to absorb excess water. Transfer wrapper to a flat surface. About 1/3 from the bottom of the wrapper, create a 3-inch long row by placing some cilantro leaves followed by some red pepper, yellow pepper, snow peas, mushrooms, bean sprouts, buckwheat noodles and a little ginger. Season, to taste, with salt and pepper. Sprinkle the top 1/3 of the rice wrapper with black sesame seeds. Carefully fold the bottom of the rice paper wrapper over the vegetables. Turn in the sides and continue rolling up from the bottom.

To serve, slice the roll in half on a bias. Serve with Orange-Chili Dipping Sauce.

\*Cook's Note: Rice paper wrappers can be found in Asian markets and at gourmet stores. Soak and work with only 1 rice wrapper at a time because wrappers will stick together and won't be easy to work with if they absorb too much water. If not served right away, keep rolls tightly covered to prevent the rice wrappers from drying out.

Dad says:

1. You can use udon noodles (or whatever)
2. You can add/substitute: sliced/canned shrimp, lettuce, julienned cucumber, peanuts
3. You don't need enoki mushrooms
4. You can use Thai sweet chili sauce, with added orange juice, fish sauce & hot sauce/dried hot pepper

## Seasoned Buckwheat Noodles: \*Dad didn't bother with this either

1 teaspoon sesame oil

1 teaspoon rice wine vinegar

1 cup cooked buckwheat noodles

In a medium sized bowl, whisk together the sesame oil and rice wine vinegar. Toss the cooked buckwheat noodles in the sesame mixture. Set aside.

## Orange-Chili Dipping Sauce:

1/2 cup freshly squeezed orange juice

3 tablespoons sugar

3 tablespoons soy sauce

2 teaspoons lime juice, about 1/2 lime

1 tablespoon sesame oil

1 tablespoon balsamic vinegar

1 teaspoon chili flakes

1 teaspoon kosher salt

Whisk together all the ingredients in a mixing bowl. Allow the sauce to stand for 30 minutes so that the flavors can infuse. Serve at room temperature.

© 2016 Television Food Network, G.P. All Rights Reserved.

Read more at: <http://www.foodnetwork.com/recipes/rice-paper-wraps-with-vegetables-recipe.print.html?oc=linkback>