

ANIMAL, VEGETABLE, MIRACLE

A Year of Food Life

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ASIAN VEGETABLE ROLLS

Thanks to Kay Hughes for this recipe

2 oz. thin rice noodles

Drop noodles into boiling water, remove from heat and let stand for 8-10 minutes, stirring occasionally. Drain, rinse with cold water and drain again.

1 cup bean sprouts

10 soft lettuce leaves

1 cup carrots, finely shredded

2 to 3 green onions, finely chopped

½ cup mint leaves

½ cup cilantro leaves

8 rice paper wrappers (about 8" square)

Lay out noodles and vegetables in an assembly line. Heat a pan of water until it's almost too hot to handle. Soak one rice paper wrapper in the hot water for 15-20 seconds, then take it out and lay it flat. Flatten out one lettuce leaf on top (this helps prevent other fillings from poking through the wrapper). Next, place a finger-sized bunch of noodles close to one side of the paper and roll that side over the noodles. Continue this same pattern for the vegetable fillings, laying each ingredient parallel to the noodles and rolling the paper over. After the mint and cilantro leaves have gone in, fold the ends of the wrapper in, then fold the remaining side over them to secure. Set roll on a platter, seam side down. Keep rolls moist until served, and separated so they don't stick together (the wrappers will rip).

Serve whole or cut in half, with your choice of spicy dipping sauce. One simple option is to add a few tablespoons of rice vinegar and sesame oil to a half cup of soy sauce.

