

Published September 1st, 2010

Vietnamese Spring Rolls with Chicken and Mango

By Susie Iventosch



Chow Bella Vietnamese spring rolls Photo Susie Iventosch

Makes 5 Rolls or 20 pieces

Ingredients

4 oz. cooked shredded chicken

1/2 Mango, peeled, pit removed, cut into 1/2 x 2 1/2 inch strips

5 leaves Boston Lettuce

2 scallions, white and green parts

1 ounce rice vermicelli noodles

5 8 1/2 inch round rice paper wrappers

1/2 cup tightly packed fresh cilantro leaves

1/2 cup tightly packed mint leaves

Citrus Dipping Sauce

1/3 cup fresh orange juice

1/3 cup fresh lime juice

1/4 cup low sodium soy sauce

1 teaspoon Chinese dark sesame oil (I used 1 tablespoon of sesame oil and loved the enhanced flavor to the sauce)

1/8 teaspoon freshly ground black pepper

2 scallions, white and green parts, thinly sliced

Directions (will need adult help on assembly)

1. For the rolls, trim each scallion into two 5-inch lengths; slice lengthwise into very thin strips. Cover and bring a large pot of salted water to a boil. Add the rice vermicelli, and cook until tender, 2-3 minutes. Drain and rinse under cold running water.

2. Fill a pan large enough to hold the rice paper with hot water. Dampen a kitchen towel with water; spread it out on a clean surface. Immerse 1 sheet of the rice paper in hot water until softened and flexible, about 1 minute. Transfer to the dampened towel and smooth out.

3. Assembling the rolls. Across the bottom third of the rice paper, place 2 pieces of lettuce, 4 cilantro leaves, 4 mint leaves, 2 tablespoons of the chicken, 2 pieces of mango (end to end), and 1/4 cup vermicelli. Cover with 4 strips of scallion, 4 cilantro leaves, and 4 mint leaves. Roll the rice paper into a cylinder, stopping halfway. Fold the left and right sides into the middle; finish rolling; Place roll on a baking sheet lined with plastic wrap; cover. Repeat the entire process, making 5 rolls. To serve, trim the ends with a sharp knife, and cut each roll into 4 pieces. Serve with the dipping sauce on the side.

4. For the dipping sauce, in a small bowl, whisk together the orange and lime juices, soy sauce, sesame oil, and pepper; add scallions. Serve.

Susie's comments: I suggest marinating the shredded chicken in a bit of the dipping sauce for an hour or so, before assembling spring rolls. The dipping sauce is delicious and would give the chicken more flavor in the rolls. Also, for a dinner sized serving, double the recipe for both the spring rolls and the sauce. These really were fun to make and festive, too. For younger children, you can have the ingredients all ready to go, before the party begins, but older kids can prep everything by themselves.

Reach the reporter at: suziven@gmail.com

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