

alimentaryum

Lotus seed spring rolls

Spring rolls

Recipe for 4 people

Ingredients

15 g	black mushrooms
80 g	fresh lotus seeds
20 g	roasted peanuts
2	small carrots
200 g	shoulder of pork
2	eggs
1	crushed garlic clove
1	small onion, finely chopped
1	pinch of sugar
1	tbsp nuoc-mam fish sauce
a sprinkle	of salt and pepper
10	wheat* wraps
	frying oil
	lettuce leaves
	aromatic herbs

Method

- Soak the mushrooms for ten minutes then drain and chop them.
- Coarsely chop the lotus seeds and roasted peanuts.
- Grate the carrots.
- Finely chop the pork.
- Beat one egg and set it aside.
- To make the filling, mix the other egg and all the remaining ingredients together.
- Place a little of the filling on one third of the wrap.
- Fold the two sides and then the base inwards.
- Baste the edges of the wrap with the beaten egg to make it stick as you roll it up.
- The roll should be firm.
- Fry in oil at 170°C until brown and then drain on absorbent paper.
- The rolls should be eaten hot, wrapped in a lettuce leaf with aromatic herbs, and dipped in a sauce.

* If wheat wraps are not available, rice paper may be used instead (mixture of rice flour and tapioca); briefly soak the rice paper in cold water then leave it to rest on a plate for two minutes before making the roll.

Dipping sauce

Ingredients

50 ml	nuoc-mam fish sauce
60 g	sugar
25 ml	lemon juice
8 g	finely chopped garlic

Method

- Mix all the ingredients together.