

EVERGREEN NUTRITION

FERNE GLASER - R.N.C.P.

NUTRITION - WELLNESS CONSULTANT

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FRESH SPRING ROLLS WITH SWEET AND SOUR SCOTCH SAUCE



Sauce

- 1 cup single malt scotch
- 1 cup sugar
- 2 tablespoons soy sauce
- 2 tablespoons chilli-garlic sauce
- 2 garlic cloves, minced

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Spring Rolls

2 ounces thin rice vermicelli noodles
1 large carrot, julienned
½ cup snow peas, julienned
½ cup bean sprouts
1/4 cup thinly sliced shitake mushrooms
10 fresh chives
10 mint leaves
5 large basil leaves
5 rice paper wrappers

To make the sauce, combine scotch and sugar in a small saucepan. Cook over high heat for approximately 3 – 5 minutes, or until the sugar is dissolved. Add soy sauce. Continue cooking over moderately high heat for approximately 10 minutes or until sauce slightly thickens. Remove from heat. Add chilli-garlic sauce and garlic. Stir to blend and let cool. Place in a small glass bowl to serve.

To make the fresh rolls, place vermicelli noodles in a bowl, cover with cold water for 20 minutes.

In a small pot of boiling water, blanch carrots for one minute. Remove from pot with slotted spoon and transfer to a colander. Rinse under cold water and drain. Set aside. Repeat these steps for the snow peas, bean sprouts, mushrooms, and vermicelli noodles.

To assemble rolls, place one sheet of the rice paper wrapper in saucepan filled with hot water. Allow to soften for approximately 1 minute. When wrapper is pliable, remove it from the water and place on a clean tea towel. Place two mint leaves end to end across the upper third of the rice paper. On the mint leaves, add a small amount of vermicelli noodles, carrots, snow peas, mushrooms, bean sprouts and two chives. Fold the top of the rice paper over the vegetables. Fold in sides and roll once. Add basil leaf and continuing rolling until you have a tight cylinder.

Cut rolls into thirds and serve with dipping sauce.

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The ingredients



Starting the roll



Finishing the roll