



# Banh Cuon Chay

## **BAHN CUON (Steamed Rice Rolls)**

<b>Preparation time</b>	2 hours
<b>Resting time</b>	30 minutes
<b>Soaking time</b>	30 min for the black mushrooms
<b>Cooking time</b>	15 seconds per crêpe // 12 minutes for the filling

### **INGREDIENTS FOR 15 BANH CUON**

<p><b><u>BATTER</u></b></p> <ul style="list-style-type: none"> <li>• 1.5 cup of Potato Starch (bought in Chinese/South East Asian shops)</li> </ul>	<p><b><u>FILLING</u></b></p> <ul style="list-style-type: none"> <li>• 15 g dried black mushrooms soaked in water for 30 min.</li> <li>• 300g minced chicken thighs</li> </ul>
---	---

<ul style="list-style-type: none"> <li>• 0.5 cup of Rice Flour (also can be found in oriental shops)</li> <li>• 4 cups of water</li> <li>• 1/2 tsp of salt</li> <li>• 1 tbs of sunflower oil</li> </ul> <p><b><u>GARNISHING</u></b></p> <ul style="list-style-type: none"> <li>• 400 g sprouted mung beans</li> <li>• 50 g fried shallots (sold in oriental shops)</li> <li>• Cucumber sliced in julienne</li> </ul>	<ul style="list-style-type: none"> <li>• 3 shallots</li> <li>• 2 Chinese chives stems thinly sliced or spring onions</li> <li>• 2.5 tbs fish sauce</li> <li>• 1tbs unrefined sugar</li> <li>• ¼ tsp pepper</li> </ul> <p><b><u>DIPPING SAUCE (sweet and sour)</u></b></p> <p>3 tbs fish sauce / 3tbs sugar / 3 tbs lemon / 6 tbs water / 1 minced garlic clove</p>
--	--

## **METHOD**

### **Filling :**

1. Chop thinly the mushrooms or grind them using a food processor (it should be minced. You may adjust the texture to your liking)
2. Rinse the chives and finely chop them
3. Chop the shallots
4. In a hot oiled skillet, sweat the chopped shallots. Add carrots and the mushrooms, the meat and chopped spring onions or chives.
5. Cook for 8 minutes over medium heat, toss regularly
6. Season the filling while cooking for 5 minutes.

### **Cooking the banh cuon:**

8. Brush with some oil a large plate + the pan.
9. Heat over small to medium heat.
10. Pour a small ladle of dough.
11. Remove the excess dough quickly.
12. Cover. Cook 10 seconds.
13. Turn the pancake over the oiled plate
14. Put 2 tbsp of stuffing. Spread evenly.

### **Folding**

As ***Traditional Hanoi style***: Just roll them

### **Garnishing**

15. Sprinkle with coriander and fried shallots.
16. Rinse the bean sprouts, blanch them for 10 seconds.
17. Pour the sweet and sour dipping sauce (fish sauce / sugar / lemon / garlic mixture/thinly sliced red chili) into individual cups

Note: If you want to prepare vegetarian filling, I would suggest to replace the meat with:

18. 1/3 soaked shiitake thinly sliced
19. 1/3 firm tofu
20. 1/3 white cabbage

### GOI CUON - (Vegetarian Autumn Rice Rolls)

**.For 6 persons:**

**Ingredients:**

- 12 rice cakes of 22 cm (2 per person)
- 100 g of rice vermicelli (bún)
- 100g of proteins:
  - ⇒ *Vegetarian version: 100 g fried tofu to be seasoned with 1 tsp soya/1 tsp sugar*
  - ⇒ *Standard version: 100g of unshelled cooked prawns cut in halves*
- 100g red cabbage
- 100g fresh mango
- 1 beautiful carrot sliced in julienne
- 1/3 cucumber, deseeded and cut in long sticks
- 6 large leaves of lettuce
- 24 fresh mint leaves, 12 coriander stems
- 6 Chinese chives
- Oil to fry the tofu

**Peanut sauce:**

- 3 tablespoons of Hoisin sauce
- 1 tablespoon peanut butter
- 2 tablespoons lightly crushed roasted peanuts
- 125 ml hot water
- 2 cloves of pressed garlic
- ½ teaspoon of Sambal Oelek chili puree

**Method:**

**1) Sauce**

- Add Hoisin sauce, peanut butter.
- Brown quickly with the garlic.
- Pour hot water into the sauce.
- Mix well and cook on low heat for 2 minutes to thicken the sauce. Let cool. Taste and rectify according to taste.
- Pour the sauce into 6 cups and sprinkle with prepared crushed peanut sauce and some Sambal Oelek pepper to taste.

**2) For vegetarians: Preparing the tofu**

- Sponge and press tofu with kitchen paper till it is perfectly dry.
- Cut into thick slices
- In a saucepan, pour some oil to fry the tofu.

- Fry until golden brown. Take them out and place on paper towels. Let cool before cutting into matchsticks.
- Season with soy sauce and sugar. Set aside

### 3) Cook the noodles

In a saucepan, cook rice vermicelli in boiling water for about 8 minutes (depending on brands) over medium heat, without salt and without covering. Drain and rinse thoroughly under cold water, drain again and set aside.

### 4) Vegetables

- Prepare all the vegetables and the mango: Wash, peel, slice in julienne
- Shred red cabbage with a mandolin.
- Wash salad, herbs and chives.
- Cut the salad leaves in half, removing the central white part.
- Cut the chive stalks in half to obtain stems about 10-12 cm.

### 5) Making the rolls

- Prepare a large container of hot water to moisten the rice papers.
- Cover your board with a damp tea towel to make the rolls. Have all the ingredients for the filling in front of you
- Quickly plunge the dry rice paper into the hot water, just once. The paper will continue to soften then on the board. If you soak it too long in the water, it will tear easily.
- In the order:
  - ⇒ in the upper half of the rice paper: place 2 half prawns
  - ⇒ in the lower half, put half leaf of salad, one or two slices of cucumber, a little grated carrot and red cabbage, tofu, coriander, mint and a little rice vermicelli.
- Fold gently over the filling. Hold the roll firmly, and roll until the middle. Fold the side edges over the roll, insert a chive stem, leaving 1 or 2 cm of stem on the outside of one side of the roll. Then roll until the roll is completely closed.

### 6) For eating

Dip the roll into the peanut sauce





### Pho Ga (Chicken Soup Noodle)

.For 8 persons:

#### Ingredients for the stock:

- 1.5 kg chicken legs, skin removed
- 1 large turnip, peeled and cut in 4 pieces
- 1 large carrot, peeled and cut in 4 pieces
- 3 large onions

#### Spices:

- 1 piece of ginger (7cm)
- 3 anis stars
- 2 cloves
- 2 black cardamoms pods crushed
- 1 cinnamon stick
- 6 liters of water
- Salt
- Sugar

#### Other ingredients

- 400g de rice noodles for the phở (flat rice noodles sold in oriental shops)

- Thai basil
- Fresh coriander
- Fresh mint
- Chives or spring onions
- 200 g sprouted mung beans
- 1 lemon
- 1 red chili (optional)

**Method:**

**Stock**

- Bring a large saucepan containing 6 liters of water to a boil, add the chicken without the skin and 2 pinches of salt. Reduce to medium heat to maintain a slight simmering for 30 min. Skim regularly.
- During this time, grill directly on the gas the cleaned unpeeled ginger and peeled whole onions, then roast all other spices for 2 or 3 minutes in a pan.
- After the 30min cooking time of the meat, add the grilled and crushed ginger, the grilled whole onions, the vegetables cut into 4 in the broth. Collect all the spices in an empty tea bag or a piece of muslin. Add them to the broth with additional salt. Keep the broth simmering and simmer for another 1 hour. Skim from time to time. Do not cover.
- After cooking, remove the chicken and discard spices, ginger, onions.
- Extend the broth with 1 liter of hot water, 2 tbs of sugar and continue cooking with a slight simmering for 30min.
- Degrease the broth by skimming the fat on the surface of the broth.
- Season with 3 or 4 tablespoons nuoc mam, taste and rectify to your taste.

**For serving**

- Cook the rice noodles according to instructions. Rinse them well under cold water, drain and set them aside.
- Wash all the herbs, and chop them. Boil the sprouted mung beans and drain.
- In each bowl, place a portion of warmed rice noodles with some mung bean sprouts, a few slices of cooked chicken. Sprinkle with green onion.
- On high heat, first correct the broth with pure nuoc mam (if necessary) and pour the broth into each bowl, making sure it covers the meat thoroughly.
- Sprinkle with chopped herbs and serve immediately.
- Each guest squeezes a little lemon into the pho bowl. More aromatic herbs are available to add.