



Vietnamese Fried Spring Rolls - Weds 19 Aug

Chả Giò (Vietnamese Fried Spring Rolls)

Spring rolls are crispy, savoury rolls filled with minced pork, prawns, glass noodles, mung beans and wood ear mushrooms, wrapped in pastry and deep-fried until golden and crisp.

Traditionally, they are served with fresh lettuce and herbs, accompanied by a sweet, sour and tangy fish dipping sauce called nước chấm.

Key Ingredients

Proteins

- 300 g minced pork
- 200 g fresh prawns, finely chopped
- 1 egg

Vegetables & Fungi

- 50 g dried bean vermicelli noodles
- 20 g dried wood ear mushrooms (optional)
- 250 g carrots, shredded
- 250 g taro, shredded (squeeze out excess water if using frozen)
- 150 g steamed mung beans (optional)
- 1 large onion, finely chopped

Seasoning

- 2 teaspoons sugar
- 1½ teaspoons salt
- 1 teaspoon pepper
- 3 cloves garlic, minced
- 3 shallots, minced (optional)

Wrappers

- 2 packets spring roll pastry sheets
- 1 egg white, for sealing

Method

1. Prepare the noodles and mushrooms: Cover the dried bean vermicelli and wood ear mushrooms separately with warm water. Soak for 15 minutes, then drain thoroughly. Pat dry with paper towel. Cut the vermicelli into approximately 2 cm pieces and finely chop the mushrooms.
2. Make the filling: Combine all ingredients in a large bowl and mix until thoroughly combined.
3. Wrap the spring rolls: Place approximately 1 tablespoon of filling onto each spring roll wrapper. Fold one corner over the filling, then fold in the sides and roll firmly. Seal the edge with a little egg white. Repeat with the remaining filling and wrappers.
4. Fry: Heat neutral oil in a deep pan or wok until moderately hot. Carefully lower 8–10 spring rolls into the oil at a time. Fry until golden brown and crispy.
5. Drain: Remove the spring rolls and place them on a wire rack or paper towel to drain excess oil.



Cooking Tips

- Drain wet ingredients: Squeeze out as much excess moisture as possible from the rehydrated mushrooms, noodles and shredded vegetables. This will help prevent the filling from becoming too wet.
- Don't wrap too tightly: Leave a little room for the filling to expand during cooking. This helps prevent the spring rolls from bursting.
- Maintain the oil temperature: Fry in a neutral oil, such as canola or vegetable oil, at approximately 180°C (350°F) for golden, crispy spring rolls.
- Don't overcrowd the pan: Fry in small batches to help maintain the oil temperature and ensure even cooking.