

Everyday Healthy! Everyday Delicious!

From the Kitchen of Janice Feuer Haugen

Vietnamese Salad Rolls (*Goi Cuon*)

Adapted from Mai Pham's recipe in *The Best of Vietnamese & Thai Cooking*
Serve with [Spicy Peanut Sauce](#) and/or Vietnamese Dipping Sauce (*Nuoc Cham*)

Salad Rolls are both dairy-free and gluten-free.

Serves 6-8

16 medium shrimp with shells (optional)

1 bay leaf

½ lemon cut into 4 slices

½ teaspoon salt

10 twelve-inch rice papers *OR* 10 8¼-inch rice papers (*banh trang*)

Red leaf lettuce, arugula *or* Belgian endive washed and dried

1 mango, peeled and thinly sliced

3 ounces rice vermicelli, placed in boiling water 4-5 minutes, rinsed, drained and chilled in ice water (you can also use thin, flat rice noodles, cooked according to the directions on their package)

1 carrot cut into long, thin strips

1 cucumber, peeled and cut into long, thin strips

½ cup fresh cilantro (or basil) leaves

½ cup fresh mint leaves

1 cup julienne scallions

Additional mint and cilantro (or basil) sprigs for garnish

Serve with Vietnamese Dipping Sauce and/or [Spicy Peanut Sauce](#)

Bring 4 cups of water to a boil in a medium saucepan along with the bay leaves, lemon slices and salt. Add the shrimp and cover the pan. Turn off the heat and let the shrimp sit in the water 5-8 minutes until done. Immediately drain and put them in ice water. Peel, devein and cut the shrimp in half lengthwise.

Drain the rice vermicelli. Prepare the vegetables and herbs and lay them out on a platter or cutting board along with the noodles, mango and shrimp. Fill a large mixing bowl with hot-to-the-touch water. Keep some back-up water simmering on the stove to add to the bowl when the temperature of the water in the bowl becomes lukewarm.

Choose an open area on the counter to work. Arrange the filling ingredients around you and include a plate for the finished rolls.

Working with one 12-inch rice paper at a time, dip the sheet into the water, folding it in half as it becomes pliable and soft. This may take 10-20 seconds depending upon the temperature of the water. When soft, lift the rice paper out of the water and place it on your counter with its folded edge to your left. Gently remove any wrinkles. Equally distribute the ingredients in a row across the rice paper, about 1/3 up from the bottom, so there is some of everything in each bite.

- *Place 3 shrimp halves cut side up in a row*
- *Top with a few slices of mango*
- *Add a leaf of lettuce, folding it in half to fit*
- *A handful of vermicelli*

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- *A few carrot strips on one side*
- *A few cucumber strips on the other side*
- *A few strips of julienne scallion on top*
- *A row of fresh cilantro leaves*
- *A row of fresh mint leaves*

Bring the bottom of the rice paper up over the ingredients. Use your fingers to gently tighten the roll. Continue rolling, fingers pressing on the ingredients to form a tightly packed cylinder.

Note: If you are using the smaller rice papers, lay them out flat on your counter. Layer the ingredients in the same order; only keep the row about 5-inches in length.

Roll the bottom rice paper over the ingredients, using your fingers to gently tighten the roll. Then fold the sides toward the center like folding a burrito. Use your fingers to press down on the ingredients as you form a tightly-packed cylinder.

Place the completed rolls on a plate and cover them with a damp paper towel while you finish making the remaining rolls.

To serve: cut each roll into 2 or 4 equal pieces and place them on individual plates or on a platter. Serve Salad Rolls at room temperature with either or both dipping sauces. Garnish with additional mint and/or cilantro sprigs.

