

PLANT-BASED COOKING

THE ART OF SPRING ROLLS



FRESH SPRING ROLLS:

Learn how to transform rice paper wrappers and a rainbow of veggies into colorful, satisfying, and delicious spring rolls served with a variety of dipping sauces.

CRISPY SPRING ROLLS:

Master the art of creating perfectly golden, crispy spring rolls with tips for wrapping, frying, and pairing them with a variety of dipping sauces



SUNDAY, APRIL 13TH | 2:00 - 3:30 PM
PACIFIC BEACH TAYLOR BRANCH LIBRARY

FRESH SPRING ROLLS

INGREDIENTS:

- 2-3 cups warm water
- 8-10 sheets dry rice wrappers
- 2 cups organic baby greens
- ¼ bunch of cilantro, stems removed
- ¼ cucumber, seeds removed and cut into thin strips
- 1 cup purple cabbage, sliced thin
- ½ red bell pepper, cut into strips
- ½ yellow bell pepper, cut into strips
- 1 large carrot, peeled and cut into thin strips

Red Thai Peanut Sauce:

- 13.5-ounce can of coconut milk
- ¼ cup of Thai red curry paste
- ¾ cup peanut butter, crunchy or creamy
- 1 teaspoon salt
- 1 teaspoon organic cane sugar
- Juice of one lime juice
- ¼ cup water

Garnish:

- Chopped peanuts
- Sprig of cilantro

DIRECTIONS:

Prepare all the vegetables. Place about an inch of warm water into a wide shallow bowl or a medium frying pan. Dip a single rice paper wrapper into the water, submerge it and let it sit for just a few seconds until it just begins to soften. Remove it from the water allowing the excess water to drain, place it on a cutting board or a plate.

Arrange the veggies stacking them by color on the first third section of the rice wrapper nearest you. Be careful not to over stuff it. Lift the edge closest to you and begin rolling away from you while tucking in the edges on the sides as you go. Place the spring roll seam side down on a serving plate. Use a serrated knife to cut it in half. Rolling takes a little practice, the more you make the better the results.

Red Thai Peanut Sauce:

Place all the ingredients in the jar of a high speed blender. Blend on high for 2-3 minutes or until warm and smooth. Serve the dipping sauce in small bowls topped with a garnish of chopped peanuts and a sprig of cilantro.



CRISPY VEGGIE SPRING ROLLS

15 sheets egg roll/spring roll wrappers
1 tablespoon vegetable oil
1 teaspoon garlic, minced
½ teaspoon ginger, minced
1 large carrot, peeled, grated, and chopped
1 ½ cups green cabbage shredded and chopped
2 spring (green) onions finely chopped
4 ounces water chestnuts, diced
2 tablespoons tamari or soy sauce
1 teaspoon sesame oil
½ teaspoon organic cane sugar
Salt and pepper to taste
Oil for shallow frying, or spray oil for baking

Accompaniments:

Sweet Chili Sauce
Chili Crisp Sauce



Heat a large skillet to medium high. Add a tablespoon of vegetable oil, the minced garlic and ginger, stir and saute until fragrant. Add the grated carrot, cabbage, and green onions. Continue sautéing and stirring until they begin to soften. Stir in the water chestnuts, tamari or soy sauce, the sesame oil and sugar. Season to with salt and pepper to taste. Cool the filling before rolling.

Place a few tablespoons of the veggies mixture on the first third section of the wrapper nearest you. Be careful not to over-stuff it. Lift the edge closest to you and begin rolling away from you while tucking in the edges on the sides as you go.

Fried Spring Rolls:

Heat a large skillet with about 1/2 -inch of oil to medium high. Place a few of the rolls in the oil at a time. Use tongs to turn them as they brown. Transfer the golden brown rolls to a plate lined with paper towels to drain before serving.

Baked Spring Rolls:

Preheat an oven to 400° Fahrenheit. Line a baking sheet with parchment paper. Spray the rolls lightly with oil then arrange them on the baking sheet. Bake for 8-10 minutes then remove them from the oven to turn them. Return them to the oven and continue baking an additional 6-8 minutes or until golden brown. Serve hot with dipping sauces.