



SPRING ROLLS (STEP-BY-STEP GUIDE)

An ultra light, fresh & healthy version of traditional deep fried egg rolls, loaded with fresh herbs and veggies

First thing's first... this is not a true recipe. Instead, the following 3 pages are going to be a picture guided, step-by-step guide, showing you the process for assembling and rolling spring rolls. I'll also include lots of suggestions and tips, as well as ideas for 3 regional variations. Use these pages as a guide to teach you the process, then you can create your own rolls, customized with any filling you want. If the thought of making these seems a bit intimidating, think of it like this: If you've EVER rolled up a burrito, you can make these. Yeah... I went there!! The only difference is fresh veggies and herbs, with rice wrappers instead of tortillas.

Servings Info.:

Yields: However many you make.

Servings: However many you eat.

Serving Size: 1 spring roll.



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1-1
SEE NOTES

- last checked 12/13/22 -
These listed points are ONLY for the wrappers.
Fill them with 0 point awesomness

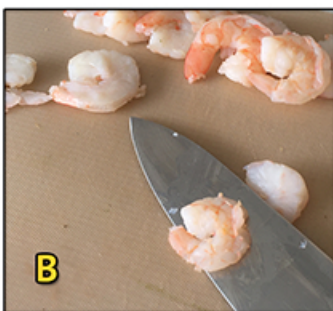
WHAT YOU'LL NEED:

- Asian Rice Paper "Spring Roll Wrappers", round shaped, 22cm in size. They sell 3 different sizes, you want 22cm ones. (see notes)

Filling:

- The filling is 100% customizable. For purposes of this guide, I'm showing you the assembly for the 'Vietnamese Spring Rolls'. Ingredients listed on pg. #40

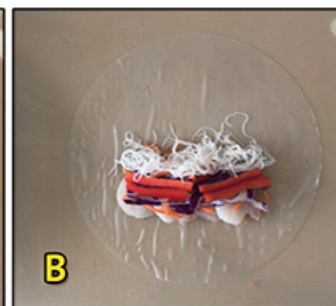
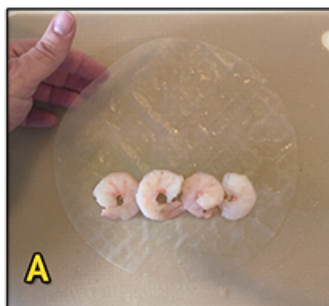
Directions:



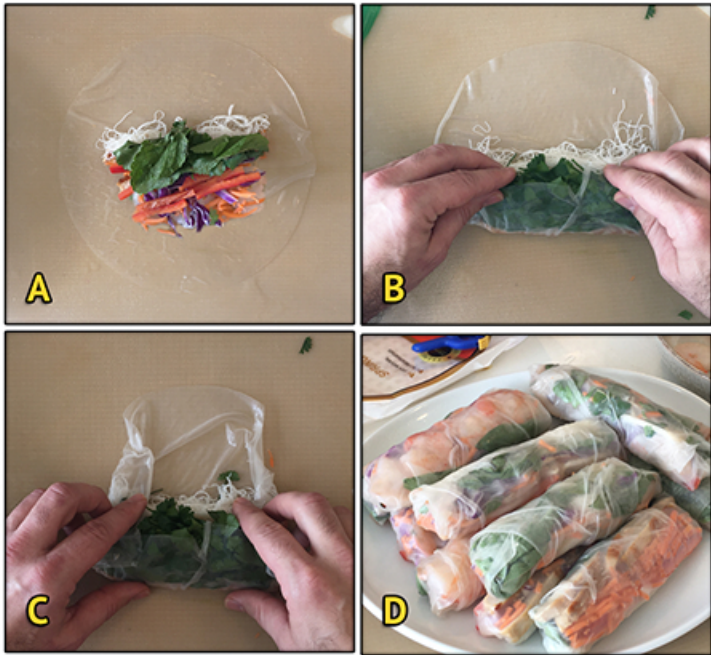
1. **[DO AHEAD]** (A) Make sure to prep/slice your vegetables and herbs ahead of time. Get them all organized and ready. (B) If you are using shrimp, have them cooked in advance. If using large sized shrimp, slice each one into 2 thin halves.



2. (A) Unlike bloggers, who care about how fancy and color coordinated their gear is, I'm practical. Not everyone has a really wide bowl, so.. let's use a pan!! Fill a 10-12" pan with warm water, take out ONE of your (still hard) spring roll wrappers, then (B) submerge it in the warm water for 3-4 seconds.



3. (A) Spread a little water onto a cutting board, then lay the rice wrapper down onto it. It'll start softening up as you assemble it. Arrange 4 slices of shrimp onto the bottom 1/3rd of the wrapper. (B) Over the shrimp, place a layer of carrots, red cabbage, red bell peppers, cucumbers and some rice noodles (or shiratake).



4. (A) Now, spread some of the fresh cilantro leaves across the top of the veggies, followed by a couple of fresh mint leaves. You don't want TOO much mint, because it has such a strong flavor. You want a hint of it. (B) Now, let's get rolling! Fold the bottom of the wrapper up and over the filling. At this point, the wrapper may be starting to get a little 'tacky'. Do your best. You can always use your finger to rub a little water onto the wrapper if it folds onto itself and stick, by accident. (C) Fold the 2 'side' portions of wrapper, up and onto the filling. Yup... Just like making a burrito. Sorry, food purists! (D) Now, simply roll up the spring rolls, trying to compress the filling in as tightly as you can, so it gets a nice, somewhat uniform egg roll shape. Ta Daaaaa! See, easy peasy.

NOTES & SUGGESTIONS:

- **SPRING ROLL WRAPPERS:** None of the grocery stores near me sold "rice paper spring roll wrappers". You need to buy "spring roll wrappers"! They are round and the size of a full sized, regular tortilla you'd use for #TacoTuesday. I ended up having to purchase them off of Amazon. They were \$10 for a pack of 32 of them, which actually isn't bad, because they last forever. Very important... Make sure you buy ones that are "22cm" in size. Though 99% of brands are 1 point per wrapper, some aren't. So make sure to buy a 22cm sized package, scan the barcode, or, 'create food' and enter the nutritional information, to get accurate points.
- **GO FOR A SWIM:** Rice paper wrappers feel like a paper thin sheet of plastic when you take them out of the package. To use them, you need to dip them under water for 3-4 seconds, then place them onto your work surface. Also, slightly wet your cutting board, or... lightly spray it with cooking spray. The added moisture helps them not to stick to the work surface.
- **RICE NOODLE SUBSTITUTE:** A lot of spring roll recipes call for vermicelli rice noodles. They are high in points and hard to find for a lot of folks. I have used "shiratake" noodles, aka: 0 point 'magic spaghetti' noodles in these. They are a totally fine substitute. But, you need to rinse them off and pat 'em dry.
- **FILLING:** Make sure meats are already cooked and cooled, and vegetables are sliced thin and/or uniform-ish in shape/size.



SPRING ROLL VARIATIONS

Easy Spring Roll Variations (Yup, not much of a difference)

Three very simple, basic ideas you can use to make different fresh spring rolls, which coincide with the cuisine of 3 different Asian countries. The process of making them is identical, the only slight difference is what combination of veggies and herbs you use. Even with that... the differences between them all is virtually nonexistent. Note: **Though** some of these three list chicken or shrimp.... use whatever protein you want (shrimp, chicken, tofu). Or, you can leave out the protein altogether and go full veggie-roll.

CAMBODIAN SPRING ROLLS 'NIME CHOW'

Filling:

- fresh bean sprouts
- 2 cups thinly sliced lettuce (or, simply use 'shredded' lettuce)
- Carrots, thinly sliced into sticks/julienned/matchstick/shredded'
- Fresh basil leaves. 3-4 medium sized leaves per roll
- cooked vermicelli rice noodles, OR shiratake noodles. (If you use shiratake noodles, rinse them well, then pat completely dry)

Directions:

- 1 Wet the wrappers, one at a time, then place onto a cutting board.
- 2 Place some shredded lettuce all over half of the wrapper, leaving it 1/2" from the edges. Yup, all the veggies end up surrounded by lettuce.
- 3 Onto the center of the wrapper, spread some carrots, noodles, bean sprouts, then the basil leaves. Then, roll it up. Done.

THAI SPRING ROLLS 'PA PIA SOD'

Filling:

- Chicken breast, cooked, sliced into strips. OR, you can use cooked shrimp, sliced as shown on page 38, in picture 1B
- Carrots, sliced into thin sticks/julienned
- English cucumber, thin sliced into sticks
- Red bell pepper, sliced into thin strips
- Fresh basil (or Thai Basil), cilantro and mint
- (optional) thin rice vermicelli noodles, or shiratake noodles

Directions:

- 1 Sprinkle water onto your cutting board, then dip your rice wrapper in water and place it onto the board.
- 2 Place a few slices of chicken, followed by carrots, cucumber and red bell pepper. Cover with some fresh basil, cilantro and mint.
- 3 Roll it all up like a mini, translucent lil burrito. Done.

VIETNAMESE SPRING ROLLS 'GỎI CUỐN'

Ingredients:

- Size 15-20 or 16-21 shrimp, cooked, sliced in half to make 2 thin halves out of each shrimp (see picture 1B on pg 38)
- Carrots, thinly sliced into matchsticks/shredded'/julienned
- Red cabbage, thin sliced/shredded
- Red bell pepper, thin sliced
- English cucumber, thin sliced into sticks
- Cooked rice vermicelli noodles, OR, 0 point shiratake noodles. Boiled/cooked, drained, rinsed and patted dry.
- Fresh cilantro
- Fresh mint
- Fresh basil

Directions:

- 1 At this point I shouldn't need to tell ya. Add the stuff to your wrapper... roll it up... done.

REGIONAL VARIATIONS:

If you've spent a minute or two to look over these 3 different spring roll recipes from 3 different countries, you're probably noticing something... There's no real difference. There really isn't any one major thing that sets Vietnamese rolls apart from Thai rolls, other than an herb. All of the countries use chicken, shrimp or tofu. All countries use the same veggies, in different combinations and all regions pretty much use either fresh cilantro, basil, and/or mint. In Thai recipes, you can use Thai Basil instead of regular basil, but it isn't a 'party foul' if you don't. Some recipes add in some lettuce, some don't. Some add thin rice noodles... some don't. The filling ingredients are all pretty standard across the board. So, mix and match them to your own liking, till you hit your perfect combination.

Common Proteins: (pre-cooked, added cold/cool to the rolls)

- Thin sliced chicken breast
- Boiled/steamed or poached shrimp. Peeled, deveined, tail off.
- Firm tofu, sliced into thin strips

Common Veggies: (sliced thin and uniform, added raw)

- Carrots
- English Cucumber (the thin kind, not the big honkin' cucumbers)
- Red bell pepper
- Red cabbage
- Bean sprouts
- Thin sliced Jalapeno peppers (red or green)
- Any other I didn't mention, experiment and try what you like

Common Fresh Herbs:

- Basil or Thai Basil leaves
- Fresh Mint (a little goes a LONG way)
- Fresh Cilantro

NOTES & SUGGESTIONS:

- **SPRING ROLL WRAPPERS:** As I mentioned earlier... you do not want to purchase plain ol' "Rice Paper Wrappers". Those are larger and rectangular in shape, causing them to be higher in point. What you WANT to order is: **ROUND** shaped "Rice Paper WRAPPERS". They may say 'Spring Roll' on them, they may not. But.. they need to be round in shape, like tortillas. They also come in different sizes: 22cm (standard), 24cm and 25cm. Obviously, the larger the wrapper, the higher they are in points. Make sure you buy ones that are 22cm in size. As a general rule, 99.999% of the time, those are 1 point per wrapper, for the first few wrappers.

If your barcode scanner doesn't recognize the package, manually 'create' a new food item. Enter the packages nutritional information, along with the number of servings the package lists. Then, that package will be in your database, letting you pull up accurate points.

- **ASIAN MARKETS:** Obviously, if you are lucky enough to have an Asian market near your house, they'll have a nice selection of different wrappers. No need for Amazon.
- **WORKING WITH THE WRAPPERS:** Before you start dipping the wrappers into water and then placing them onto your cutting board... make sure to sprinkle some water onto the work surface and rub it around. If you place the wet wrappers onto a dry cutting board or work surface, you'll find it very difficult to peel them up without them sticking to the surface. I've also spritzed my cutting board with cooking spray, it works just as well.
- **DIPPING SAUCES:** Though Spring Rolls do taste very light and fresh... they are essentially a plain, undressed salad in a wrapper. You really need to eat these with a dipping sauce. This book includes a few low point Asian dipping sauces. However, my personal favorite for Spring Rolls is the 'Vietnamese Dipping Sauce', on page 25.
- **FILLING:** As noted, customize the fillings to whatever you want. As a general rule, any meats are pre-cooked, then added cold. Vegetables added into 'fresh' spring rolls are typically raw. Though, you can also lightly 'dress' them if you'd like.
- **ASSEMBLY:** Make sure all your fillings are organized and ready to go. Also, only wet one wrapper at a time.



ROUND 22cm Wrappers... YES!!!



**SQUARE 22cm Wrappers
NOPE, NOPE, NOPE**

"Emperor Shunzhi's 'Plan-Friendly' Picnic" - painted by: Zhu Da, early Qing Dynasty (1648)

