

Shrimp and Mango Rice Paper Rolls

Start To Finish Time: 45 mins

Servings: 4

Yield: 12 rolls

Ingredients

3 ounce dried small round rice noodles (maifun) or dried rice capellini

1 teaspoon fine sea salt, plus more as needed

18 fresh or frozen (thawed) medium shrimp, peeled and deveined

1 16-ounce unripe mango, peeled, pitted, and cut into thin 4x1/2-inch strips

2 medium Persian cucumbers, halved lengthwise, seeded, and cut into thin 4-inch-long strips

1 ½ cup baby lettuce or thinly sliced napa cabbage

2 tablespoon coarsely chopped fresh mint or basil

2 tablespoon coarsely chopped fresh cilantro

12 8-inch rice paper rounds

1 cup Nuoc Cham Dipping Sauce (see recipe)

Nuoc Cham Dipping Sauce

2 tablespoon sugar, or 3 to 4 tablespoons pure maple syrup

3 tablespoon fresh lime juice

½ cup warm water, or as needed

2 teaspoon unseasoned Japanese rice vinegar (optional)

3 tablespoon fish sauce

1 large clove garlic, minced

1 Thai or serrano chiles, thinly sliced (with seeds); or 2 or 3 tsp. chile garlic sauce (optional)

Directions

1. Boil noodles in a pot of water 3 to 5 minutes or until chewy-soft. Drain; rinse under cold water. Set aside to drain; let cool to room temperature.
2. Fill a small saucepan half full with water, add 1 tsp. fine sea salt, and bring to boiling. Add shrimp; slide pan off heat and let stand 3 to 5 minutes or until shrimp are pinkish orange. Drain; let cool. Halve shrimp symmetrically. Season mango with salt.
3. Fill a shallow dish (something wider than rice paper) with about 1 inch of very warm water. Place noodles, shrimp, mango, cucumbers, lettuce, herbs, and rice paper nearby.
4. Slide a rice paper halfway into water then rotate the paper through your fingers until it is completely wet; transfer to a flat work surface. When paper is pliable and tacky, place a few leaves lettuce or 2 Tbsp. sliced napa on the lower third of paper in a 4x2-inch rectangle. Top with an egg-size mound of noodles, spreading into a rectangle. Arrange some cucumber and mango strips on top. Sprinkle with herbs.
5. Bring up the lower edge of rice paper to cover filling. Roll away from you, once, so lettuce faces you. Add three shrimp halves, cut sides up, to unrolled portion of rice paper; lining shrimp up snugly along partially finished roll. Fold in sides of rice paper to cover filling. Finish rolling to create a snug cylindrical package. The rice paper is self-sealing.
6. Repeat to make 12 rolls; cover to prevent drying. Serve with Nuoc Cham Dipping Sauce. Serves 4.

Nuoc Cham Dipping Sauce

1. In a small bowl combine 2 Tbsp. sugar (or 3 Tbsp. maple syrup), 3 Tbsp. lime juice, and the warm water. Taste; if needed, add the remaining 1 1/2 tsp. sugar (or 1 Tbsp. maple syrup) and/or 1 Tbsp. lime juice. If there's an unpleasant tart-bitter edge, add rice

vinegar to fix flavor.

2. Stir in fish sauce. (How much you use depends on the brand and your own taste. Aim for a bold, forward finish that's a little gutsy.) Add garlic and, if desired, chiles. Keep sauce at room temperature up to 8 hours before serving. Makes 1 cup.

Lime juice and vinegar can add bitterness to the sauce if held too long, so make it up to 8 hours before serving.

Nutrition Facts: calories 320

total fat 1g: cholesterol 94mg: sodium 1741mg: totalcarbohydrate 64g:
total sugars 15g: protein 16g: vitamin c 25mg: calcium 77mg: iron 2mg:
potassium 416mg