



LE CORDON BLEU DE PARIS.
PRESENTS RECIPES BY CHEF MATT KUERBIS
AUGUST 25, 2021



CORDON VERT.®

Vegetarian Salad Rolls with a Tamarind Dipping Sauce

This is a healthy and filling recipe that is tasty and fun to eat. Just like the sushi counter in the local grocery store but made at home. Make it a family activity.

Ingredients:

| Salad Rolls | |
|---------------|--|
| 1 Each | Cucumber, deseeded and julienne |
| 1 Each | Carrot, shredded |
| 1 package | Rice Vermicelli noodles- cooked and cooled |
| 2 Tbsp | Sesame oil |
| 4-5 each | Red or Green leaf lettuce |
| 1 each | Avocado, sliced in half |
| 1 each | Red pepper, julienne |
| 1 bunch | Thai basil leaves or regular basil (mint is a fine substitution if you can't find basil) |
| 1 package | Rice paper wraps |
| Dipping Sauce | |
| 3 Tbsp | Tamarind Paste or pulp |
| 2 cloves | Garlic, minced |
| 1 tsp | Lime Juice |
| 1 Tbsp | Fish Sauce |
| 1 each | Small Thai chili |
| 1 tsp | Soy Sauce |
| ½ tsp | Sugar |





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Directions:

- 1) Prepare the rice vermicelli noodles. These should be very thin. Follow the directions of the package for preparation. When they are soft, drain the water and rinse with cold water to stop the cooking process. Pour a 1 Tbsp of sesame oil over the noodles and stir. This will prevent the noodles from sticking together.
- 2) Prepare the Sauce: Mix together all the ingredients in a bowl and set aside
- 3) Prepare the vegetables: Peel the cucumber. Cut it in half and remove the seeds using a spoon. Julienne the cucumber try to make sticks that measure 1/8" x 1/8" x 2" They don't have to be exact but should be close.
- 4) Shred the carrot. Peel the carrot and shred using a cheese grater or a food processor
- 5) Julienne the red pepper. Core the pepper and cut out the inside white seed part so you are left with just red pepper. Julienne just like the cucumber.
- 6) Clean the lettuce: choose 4 or 5 nice looking leaves of lettuce. Rinse and dry and tear in half.
- 7) Prepare the basil leaves: pick the leaves off of the stems, set aside.
- 8) Prepare the avocado: Slice the avocado in half and slice the meat of the avocado while it is in the skin, 1/8-inch slices.
- 9) Prepare the salad rolls. Fill a round frying pan with cold water. It needs to be large enough to run the rice paper wraps through. Set up a clean cutting board space for building the salad rolls. Set up all of your ingredients in this order: 1) cool ground chicken 2) Rice noodles 3) Cucumber 4) Red Pepper 5) carrot 6) avocado 7) lettuce 8) Basil
- 10) Set a rice paper wrap in the cool water for 5 seconds, it will soften but not completely, set on the cutting board. Put a tablespoon of the chicken a little off center on the wrap, organize in a small rectangle. Place a small amount of rice vermicelli noodles on the chicken. Stack 5 pieces of cucumber and 5 pieces of red pepper in front of the noodles. Place a tablespoon of shredded carrot on top. Put 2 pieces of sliced avocado on the veggies. Place a piece of lettuce on the veggies and 1 -2 leaves of basil. This group of veggies should not extend to the right and left edges of the wrap. Now it's time to roll. Using your finger roll the rice paper over the top of the filling, pinch the filling against the wrapper until it feels tight but don't break the wrapper. Fold the sides in and continue to roll keep pinching and working to tighten the roll without breaking the paper. Keep rolling and tucking in the sides. Set aside and do the next roll until you run out of ingredients.
- 11) For service cut in half diagonally and serve with the tamarind sauce.

