

Shallow fried rice paper dumplings

Would you change this recipe when you make it at home?

Equipment:	Ingredients	
Bowl with warm water X 2 1 sheet baking paper per student 2 plate Tea towel Frying pan with lid Flippers Tongs	Lettuce leaves Warm water from the tap 1 batch cold dumpling filling 2 sheets rice paper per dumpling 2 tbs olive oil or more as needed Fresh herbs to garnish (Finish demo by 9:50 / 12 noon)	

Work fast! Finish Step 6 by 10am / 12:10

You won't have time to use up all the filling.

You will only have time to make 1 or maybe 2 dumplings

Method:

Remember to clean up your workstation as you go

1. Lay a sheet of baking paper on your workbench.
2. Soak 1 sheet of rice paper in warm water for about 5 seconds until just soft enough to bend. Place it flat onto your baking paper.
3. Place 1-2 tsp of the filling at the centre of the rice paper.
4. Fold the bottom part towards the middle. Then fold the right side inwards followed by the left. Then roll up into a neat parcel.
5. Repeat step 4 with a second sheet of softened rice paper, **double wrapping** the already wrapped dumpling.
6. Place the wrapped dumplings onto one of the plates, folded side down. Dry the plate if it becomes wet.
7. **Important:**
 - a. **Keep the plate dry**
 - b. **Don't let the dumplings touch each other**

Pan Fry (start by 10:00 / 12:10)

8. **Completely coat each dumpling in oil before frying.**
9. In a pan over **medium heat**, heat oil, and coat the pan. Place in a tiny piece of dumpling filling. When it starts to sizzle, the oil is ready.
10. Carefully place the oiled dumplings, folded side down, into the hot oil. **Do not allow the dumplings to touch each other.**
11. Gently press down the dumplings with a spatula for even cooking.
12. Shallow fry until they are crisp on each side.
13. Put the lettuce onto your serving plate.
14. Using tongs, carefully place the cooked dumplings onto the shredded lettuce. Put the tongs on your dumplings to serve.
15. Garnish with fresh herbs and/or flowers.