

Very Vietnamese Summer Roll Bowls + Nước Chấm (Salty-Sweet Vinaigrette) + Trà Đào (Peach Iced Tea Slush)



very vietnamese summer roll bowls

boil+soak

Bring 5 cups of water to a boil in a large pot. Once water is boiling, remove pot from heat and add **rice noodles** to the pot, making sure they are completely submerged. Let noodles soak in hot water until they are soft and tender, about 5 minutes! Then drain and set aside.

shred+chop+tear

Using a box grater or food processor, shred **2 large carrots** and **2 large cucumbers**. Chop **1 head of romaine lettuce** into strips. Chop **2 green onions**. Tear **half a bunch of cilantro** and **half a bunch of mint** (no stems!).

combine+marinate+toss

Combine shredded carrots and cucumbers with Nuoc Cham Vinaigrette (*see recipe below*). Let marinate for about 10 minutes in a large bowl. Then add cooked and drained noodles, chopped lettuce, green onions, and torn herbs to the bowl. Toss it all together, and EAT!

::continued::

Family Fun Recipes

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nu^oc ch^{am} salty-sweet vinaigrette

mince+cut+squeeze

Mince **1 clove garlic**. Cut **2 limes** and squeeze juice into a large bowl.

add+whisk

Add **3 T soy sauce**, **3 T rice wine vinegar**, **2 T oil**, **2 T honey/sugar/agave/maple syrup**, and **1 T water** to the bowl. Whisk until well combined.



tr^a d^{au}o peach iced tea slush

combine+steep

Combine **2 C cold water** and **2 bags decaf black tea** in a bowl or liquid measuring cup. Let steep for about 30 minutes, then take out tea bags and discard.

chop+sprinkle

Chop **2 fresh peaches** into small pieces and sprinkle with **3 T sugar** or more to taste.

add+blend

Add peaches and sugar to a blender, along with the steeped tea. Add **2 C ice** to the blender, and puree until smooth and thick! Taste and add more sugar if needed.

::continued::



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shopping list

Very Vietnamese Summer Roll Bowls

- 14 oz rice noodles
- 2 green onions
- 2 large carrots
- ½ bunch cilantro
- 2 large cucumbers
- ½ bunch mint
- 1 head romaine lettuce

“Nước Chấm” Salty-Sweet Vinaigrette

- 3 T soy sauce
- 2 T canola or grapeseed oil
- 3 T rice wine vinegar
- 1 garlic clove
- 2 T honey/sugar/agave/
maple syrup
- 2 limes

“Trà Đào” Peach Iced Tea Slush

- 2 ripe peaches
- 2 DECAF black tea bags
- 3 T honey/sugar/agave/
maple syrup
- 2 C ice

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History of Spring Rolls

In China, spring rolls have a long, rich history. People believe that the pastry first appeared back in the Eastern Jin Dynasty, when people would make thin cakes with flour and eat them with vegetables on the first days of Spring. At the time, the cakes were called “spring dish.” Spring Dishes eventually evolved into Spring Cakes. In the Ming and Qing Dynasties, there was a custom of “biting spring”, which means welcoming spring by eating spring cakes, and this practice was believed to ward off disaster and evil. As people’s cooking skills changed over the years, Spring Cakes evolved into Spring Rolls, which were smaller in size. Spring rolls were included in imperial court snacks. They are deep fried, crispy treats beloved in many Asian countries today, including Cambodia, Vietnam, Thailand, Malaysia, and the Philippines.

Vietnamese Summer Rolls, by contrast, utilize fresh and raw vegetables and are not deep fried, but soft and flexible - perfectly refreshing on hotter summer days. A Summer Roll Bowl is all of the delicious ingredients of a fresh Vietnamese Summer Roll, but deconstructed and combined in a bowl as a salad! A little less work, but with all of the fun.

The surprise ingredient: Cucumbers!

- ★ **Cucumbers originally come from India!** They’ve been cultivated for over 4,000 years and originated in the wild in many varieties.
- ★ **In the Americas, the best Native American cucumber cultivators were located in the lands of modern North and South Dakota.**
- ★ **“Cool as a cucumber” isn’t just a catchy phrase.** The inner temperature of a cucumber can be up to 20 degrees cooler than the outside air. No wonder these are such a summertime favorite! Also, cucumbers can help cool the blood when eaten!
- ★ **In general cultivation, cucumbers are classified into three main cultivar groups: "slicing", "pickling", and "burpless".** BURPLESS?! That’s right. Burpless varieties are named so because they contain low or no cucurbitacin, a compound that causes bitterness and burps in people who eat them!
- ★ **Cucumbers grown to eat fresh are called slicing cucumbers.**
- ★ **A cucumber’s flavor comes from its seeds.** Medium sized cucumbers with soft small seeds have better flavor.
- ★ **Cucumbers contain a large amount of antioxidants.** Antioxidants are molecules that block oxidation, a chemical reaction that forms harmful molecules known as free radicals.

Time for a laugh!

Why was the cucumber mad? Because it was in a pickle!

Where do cucumbers go for a date? The Salad Bar!

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