



**TIGER  
FOOD LAB**

# Spring Rolls

**8 medium shrimp, cooked, peeled, and halved lengthwise (or sliced cooked pork, beef, chicken, or tofu)**

**1 carrot, grated**

**1 heart of romaine, shredded**

**2 scallions, sliced lengthwise**

**2 TBSP fresh mint, chopped**

**2 TBSP fresh cilantro, chopped**

**2 TBSP peanuts, chopped**

**8 round sheets rice paper, 8 to 10 inches in diameter**

1. Place the shrimp, carrot, lettuce, scallions, mint, cilantro, and peanuts lined up on your work surface. Place a wide, shallow bowl of hot water out along with multiple clean kitchen towels.
2. Line a baking sheet with parchment. Put a sheet of rice paper into the water for about 10 seconds or until just workable, ensuring it doesn't become too soft. Lay it on the towel.
3. In the center of the rice paper, place 4 shrimp pieces and  $\frac{1}{4}$  each of the carrot, lettuce, scallions, mint, cilantro, and peanuts. Roll the rice paper away from you while keeping it tight and folding in the ends to seal as you are rolling, similar to how you would roll a burrito.
4. Continue repeating this process until you have used up all the ingredients. As you are working, set the rolls on the parchment paper separate from one another and lay a damp towel over them. Serve with a dipping sauce.

Source: How to Cook Everything, 20th Anniversary Edition by Mark Bittman (p. 123-124)



**8 rolls / 2-4 servings**

