



VIETNAMESE STYLE SALMON SUMMER ROLL

SUMMER ROLL INGREDIENTS:

- 1 pack of rice paper wrappers
- 1 large bowl filled with very warm water (for soaking rice paper wraps)
- 1 dozen large peeled and deveined shrimp – well seasoned and grilled
- 1 green papaya or mango – grilled and sliced (semi-ripe peaches can be used as a substitute)
- 1 bunch asparagus – stemmed and grilled
- 1 small bag shoestring carrot
- 1 bunch red leaf lettuce – shred cut (butter, romaine or green leaf lettuce can be used as substitute)
- ½ cup mint sprigs
- ½ cup thai basil sprigs (regular Italian or sweet basil can be used as a substitute)
- ½ cup cilantro sprigs

DIPPING SAUCE INGREDIENTS:

- ½ cup chunky peanut butter
- 1/3 cup water
- 1 Tablespoon lime juice
- 1 Tablespoon fish sauce
- 1 Tablespoon brown sugar
- 1 tsp chili garlic sauce
- Optional: 1 Tablespoon roughly chopped cilantro

Combine all and stir together until fully combined.

“In my family, diabetes has been a problem factor for many relatives. One of the many awful diabetes related complications is vision loss. Experiencing diabetes and associated vision loss so close to home, I have made an active effort to give more attention to healthy eating and foods that promote eye health and diabetes prevention.”

—Chef Jeff Tsao

continued...

VEGETABLE PREPARATION TIPS:

- The papaya or mango that you choose should be firm to squeeze and should not give much to the thumb. To prepare a green or semi-ripe papaya or mango for grilling you will need to first peel the soft skin off with a regular vegetable peeler. Then cut the papaya in half vertically to remove the seeds, for a mango, make two vertical slices into the mango on both sides of the flat mango pit in order to cut the flesh away from the pit. Lightly oil the outside of the papaya or mango and carefully position it in a medium hot pre-heated grill. Allow grill marks to develop on one side before turning the grilling fruit to create grill marks on the other side. Once properly grilled, thinly slice the fruit and set aside.
- Thin or thick asparagus can be used but it may be easier to grill thick asparagus. After properly rinsing the asparagus, trim the bottom of the stems off, leaving only about 4" of the top for grilling (the remainder of the asparagus can be used for a delicious cold soup). Lightly oil the asparagus and arrange on the grill perpendicular to the grill grates and allow to cook for only about 3 minutes or until slight char marks develop. You will not need to turn thin asparagus but will need to turn the thick asparagus over for even cooking.

SUMMER ROLL ASSEMBLY INSTRUCTIONS:

- Make sure to wash your hands before making these as you will not be cooking them again before eating.
- Carefully place an individual rice paper wrapper into the bowl of very warm water, being careful not to scald your fingers. The rice paper wrapper is ready when it becomes soft and pliable enough to roll around food. It is important to work with individual sheets as they become sticky when they are rehydrated.

- Place individual rice paper wraps on a cutting board or a plate in preparation for rolling. There is no need to dry the wrapper as a little extra moisture will make it easier to work with.
- Create a neat rectangular shaped pile of summer roll filling in the middle of the prepared rice paper wrapper in the following order:
 - a. Two pieces grilled shrimp
 - b. An equal amount of lettuce and carrot (about 3 tablespoons combined)
 - c. 2-3 each, mint and basil sprigs
 - d. 1-2 pieces of grilled asparagus placed lengthwise
 - e. Finish with placing 2 to 3 slices of grilled mango, papaya or peach on top
- Rolling the wrapper is similar to rolling a burrito or egg roll. Identify a bottom edge by rotating the plate so that the long side of the rectangle is facing you. By now the skin will be somewhat tacky so it will stick when it touches itself. Grasp the bottom edge of the rice paper wrapper and pull it over the pile of filling and rolling it tightly back over the filling to ensure a tight roll. Then take each side and fold it over the center to create a "pocket" of filling. Now gently roll the edge facing you towards the unrolled end of the wrapper, making sure that the ingredients are tightly rolled within and being sure that the end of the wrapper sticks to itself to seal the roll.
- Once wrapped, the rolls are ready to eat.

