



BANH XEO

SHOPPING FOR YOUR CLASS

Mixed Vietnamese herbs are available at Asian supermarkets, together with many of the other ingredients used in our Banh Xeo recipe.

MISE EN PLACE

- Soak mung beans for at least 4 hours, or preferably overnight.
 - Wash your herbs, and pick the leaves.
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BANH XEO (*makes 5-6*)

Recipe by MAI NGUYEN

1 cup rice flour

1 tbsp cornstarch

1 1/2 cups water

1/3 cup peeled split mung beans, soaked overnight and drained (optional)

1 1/2 tsp ground turmeric

1 tsp salt, we use sea or kosher salt

3 green onions, thinly sliced

1/3 cup coconut milk (we use Aroy D brand)

1 medium yellow onion, thinly sliced

4 slices pork belly (sliced like bacon), sliced into 2 pieces across the width*

*16 large raw shrimp**, peeled and halved lengthwise*

*1 cup chopped squid*** (optional)*

1 bag bean sprouts

Salt and pepper

Vietnamese fish sauce

1 head lettuce (butter or oak leaf)

2 cups mixed herbs (mint, Vietnamese mint, cilantro, thai basil, perilla or buy a pack of mixed Vietnamese herbs)

Rice paper sheets (medium size – 22 cm) (optional)

Nuoc Mam Cham dipping sauce (recipe follows)

Cooking oil, such as grapeseed or canola

- Place the mung beans in a small saucepan and add enough water to cover. Bring to a boil, then reduce the heat to maintain a simmer and cook until soft, about 5 minutes, then strain and set aside.
- Make the batter: in a large bowl, whisk together the rice flour, cornstarch, turmeric powder, and salt. Make a well in the center, pour in the coconut milk and 1 1/2 cups water, whisk until smooth. Mix in the sliced green onions and set the batter aside to rest.
- Heat 2 tablespoons oil in a large non-stick pan over med-high heat. Add 1-2 pieces of sliced pork and a small handful of sliced onion and cook, stirring occasionally, until the pork is cooked through, about 3 minutes. Season with the fish sauce, sugar, salt, and pepper and push the mixture to one side of the skillet.
- Ladle 1/2 cup of the batter into the skillet (or enough to thinly cover your pan depending on its size), swirling to cover the bottom. Cook until partially set, about 45 seconds. Sprinkle 1 to 2 tablespoons mung beans over the crepe, 2-4 pieces of shrimp and a handful of the bean sprouts. Lower the heat to medium, cover, and cook until the bean sprouts have wilted slightly and the shrimp are cooked, about 3 minutes.
- Uncover and drizzle 1 to 2 teaspoons oil around the rim of the skillet. Cook, uncovered, until the edge of the crepe crisps and pulls away from the rim of the skillet and turns golden brown, about 2 minutes more. Fold the crepe in half with a spatula and slide it onto a serving platter. Keep warm. Wipe the skillet clean and repeat with more filling and batter to make more crepes.
- Serve the crepes with whole lettuce leaves and fresh herbs. Tear off a piece of the crepe, wrap it with lettuce and a combination of the herbs, and dip in nuoc cham.
- Alternatively you can make your Banh Xeo in a small pan, and serve them wrapped with the fresh herbs in rice paper, hydrated in water briefly.

*PORK SUBSTITUTION: for a pork free version, you can substitute chicken thighs etc, or your protein of choice.

**SUBSTITUTION: for a seafood free version you can increase the amount of pork. Or for a Vegetarian version, use fried tofu (please purchase pressed tofu) or mushrooms (shiitakes or oyster mushrooms would work best).

NUOC MAM CHAM DIPPING SAUCE

*3 tbsp Vietnamese fish sauce**
3 tbsp lime juice, freshly squeezed
1/2 cup water
3 tbsp sugar
1 clove garlic, roughly chopped
1 red bird's eye chili, thinly sliced

*NOTE: for a vegetarian substitution, use vegetarian fish sauce

- Mix all ingredients together, taste and adjust accordingly.

EQUIPMENT

Non-stick frying pan, with a lid
Ladle
Spatula for turning your banh xeo
Knife and cutting board