

Vietnamese Vegetarian Pancakes

Equipment:

Large bowl
Fork
Frypan
Whisk
Sharp knives
Measuring cups and spoons
Small bowl
Chopping boards

Ingredients:

Pancake Mixture

2 cups rice flour
3 eggs
1 tsp salt
3 tsp turmeric
3 and ½ cups canned coconut milk
Vegetable oil

For the sauce

5 tbsp lime juice
1 tsp toasted sesame oil (don't use this in the kitchen classroom)
2 tbsp brown sugar
2 tbsp rice wine vinegar
2 tbsp sweet soy sauce (kecap manis)
4 tsp grated fresh ginger
1 fresh red Thai chili, finely chopped
½ tsp salt

For the filling

2 large carrots, julienned (long thin matchsticks)
1 radish, julienned (long thin matchsticks)
4 green onions, sliced
1 fresh red chili (optional), finely chopped
2 cups snow peas, sliced thinly on the diagonal
1 cup loosely packed Thai basil leaves
1/2 cup loosely packed mint leaves
1 cup bean sprouts, thoroughly washed
1 cup thinly sliced mushrooms

What to do:

1. Whisk the rice flour, salt and turmeric in a large bowl. In a separate bowl, whisk the egg with the coconut milk. Slowly add the coconut milk mixture to the dry ingredients, whisking well to avoid lumps. You want to get a thinnish pancake batter with the consistency of light cream. If necessary, add more coconut milk or water. Set aside to rest.
2. To make the sauce: Whisk together all the ingredients, adjusting the amount of chili to your liking. Place aside.
3. To make the filling: Delicately mix all the ingredients together in a large bowl. Place aside.
4. When ready to make the pancakes, heat a large non-stick frying pan (about 23 cm in diameter) on medium heat. Add a little bit of vegetable oil. Aim to make at least 12 pancakes. With that in mind pour enough of the batter to swirl around to coat the bottom of the pan. Once the underside is golden brown, turn the pancake over and cook the other side. Remove from the pan and keep warm while you make the other pancakes.
5. To serve, place the warm pancakes on serving plates and pile vegetables and herbs over one half of it. Drizzle the vegetables with some sauce and fold one half of it. Spoon more sauce on top and serve, with any remaining sauce on the side. Cut the pancakes into 1//2 or 1/3 depending on the number of students in the kitchen classroom.