

Poh Pia Sod (Fresh Vegetarian Spring Rolls)

Servings: 6 plus -- www.applethaistudio.com

Ingredients:

1 package of 12 oz & 8.5" diameter Rice or Tapioca Flour Sheets or Spring Roll Wraps (about 32 sheets), just right before making each roll, soak in lukewarm water - I heat water in the microwave for 30 secs to 1 minute depending upon your microwave wattage.) Sometimes, you may have to double the sheet if it has too many holes -- available at Asian Groceries in the Strip.

A Variety of Raw Vegetable: **1 Carrot**, shredded or julienned; **Any kind of Garden-Fresh Green leaf Lettuce**, Organic recommended, wash and dry leaves, cut or tear them into small pieces; **one Seedless Cucumber**, peeled & cut into 3-4" long x $\frac{1}{4}$ -1/2" wide; **Bean Sprouts (1-2 cups)**, washed and dried; **Mint, Spearmint preferable**; available all years round at any Oriental groceries and possible Local Farm Markets during summer months); **Siam Queen Basil**, availability - same as Mint; and **Cilantro & Green Onions**, finely chopped.

2-4 Red and Golden (seasonal) Beets, shredded oven roasted or raw - For oven roasted, simply rub the skin with olive oil and wrap each in foil, then bake in 375 F degrees for 40-45 minutes and check if ready by inserting a wooden skewer in each beet. If no resistant and easily spear, take them out and open the foil to cool them down. Peel and discard its skin. Shred each and set them aside.

1 package of firm Tofu, cut into 2-3" long x 1/2" wide- to drain water from Tofu by put a plate and a heavy object like a pot on top of tofu. You may need to do it several time until tofu is no longer wet like sponges. - **Optional for those who like tofu; personally I omit this because each roll has enough veggies. You may want to double sheets to prevent it from tearing while wrapping.**

Procedure:

1. Heat water in the brownie rectangular baking dish in the microwave for 30 seconds to 1 minute depending upon your microwave wattage. Sometimes, you may have to double the sheet if the sheet is torn and has too many holes.
2. Start wrapping all veggies on rice or tapioca sheets -- add one or two small pieces of lettuce, one piece of cuke, bean sprouts, carrots, herbs, beets subsequently. You would need to estimate the amount of veggies so that the roll would not be too big or small.
3. Then, use the edge of the sheet to wrap all veggies once and fold the right side and left side and wrap until you reach the end of the sheet that seals easily once it is soften. *Have fun wrapping!*
4. You can cut each roll in half right away or wait before serving and cut it in half. Serve with a sweet dipping sauce. *Really light & Refreshing! Bon Appétit!*

Suggested Tools & Equipment: Jelly Roll Pan for wrapping, Hand Peeler for shredding - available at "In The Kitchen" in the Strip; Brownie Rectangular Baking Dish or large bowl to soak the rice/tapioca sheets; and a sharp Knife for cutting the roll in half.

A Sweet & Tangy Plum Dipping Sauce -- www.applethaistudio.com

Ingredients:

For the sauce: 1 cup White Vinegar or Apple Cider Vinegar; 1 cup Raw Sugar; 1 Pickled Plum, discard the pit and skin, (available at any Oriental stores in the Strip), and $\frac{1}{2}$ tsp Sea Salt or 1 to 1.5 tsp Iodized Salt - adjust to your liking. Bring to boil. Turn off heat, discard plum skin, and let it cool completely. Make about 1 and $\frac{1}{2}$ cups. Just before serving, add a little bit of store-bought red chili garlic sauce - available in an 8oz small or larger container at Asian Groceries in the Strip.

****Please note that the sauce can be made several days in advance and can be kept in the freezer up to 3 months.*