
Crispy Vegan Rice Paper Wraps

Total time: 30 min Yield: 5 to 6 servings

Ingredients

1/4 cup canola oil (plus some for frying)
1½ cup vegetarian/vegan sausage (minced)
1 Tbsp + 2 tsp. garlic (minced, divided)
1 tsp fresh ginger (grated)
1/2 cup carrot (grated)
3 cup red cabbage (grated)
1 cup shiitake mushroom
8 oz sliced water chestnut (drained)
1/4 cup + 2 tbsp. green onion (sliced)
3 to 4 tsp sesame oil (divided)
1 to 2 tsp + 2 tbsp. soy sauce
black pepper or red chili pepper flakes
2 Tbsp fresh cilantro (minced)
1 thai red chili (optional, sliced)
round rice paper sheets
water for wetting the sheets
black sesame seeds and green onion

Prep Time: 15 min Cooking Time: 15 min Total Time: 30 min

Instructions

To make the filling, use a large skillet or frying pan. Drizzle cooking oil onto the pan and heat on medium high. As soon as the pan gets hot add the sausage. As it starts to brown add the 1 tbsp. garlic and ginger and stir for a few moments. Then add the carrot, cabbage, shiitake mushroom, water chestnut and ¼ cup sliced green onion. Drizzle some sesame oil, soy sauce (approximately 1 to 2 tsp. of each), and either black pepper or red chili pepper flakes. Take the pan off the heat and set aside to let cool.

While it cools, make the sauce by heating ¼ cup canola oil in a small saucepan. In a small bowl, add the 2 tsp. garlic, cilantro, 2 tbsp. green onion and chili pepper if using. Pour the hot oil into the small bowl, then add the 2 tbsp. soy sauce and 2 tsp. sesame oil and gently stir.

Prepare a shallow bath of water on a plate with a raised edge, or use a pie pan. Place a round rice paper sheet on the plate, and put about ½ cup of packed filling into the center of the wrap. Then fold each side like wrapping a present, then double wrap it with a second sheet. Repeat until the filling is used up. Pan fry the wraps in a large pan with a shallow sheen of cooking oil, flipping until both sides are crispy and browned. Garnish with some black sesame and green onion for a gorgeous presentation.

Recipe brought to you by:

Chef Michi Holland