Steamed rice-noodle rolls with prawns

מתכון מאת V-ZUG Ltd.

Preparation	1 Hrs 30 Mins
Resting time	30 Mins
Cooking time	8 Mins
מנות	15
התקן	Combair-Steam SL from 2015

Preparation

2½ tbsp tapioca starch

200 g rice starch

4 tbsp plain flour

1 tsp salt

2 tbsp vegetable oil

250 ml cold water

270 ml hot water

Mix the tapioca starch and rice starch with the flour and salt. Mix in the cold water and vegetable oil. Add the hot water and stir until well combined.

Leave the mixture to rest for 30 minutes.

1 kg prawns, fresh, peeled and deveined

2 spring onions

1 carrot

Oil

Finely slice the spring onions and carrot.

(Pre-)heat cooking space to 100 °C with Steaming

Grease the round baking trays. Pour a small amount of batter into the baking tray – just enough to cover the bottom and make a thin crepe.

Place the baking trays on to the wire shelf in the preheated cooking space. Steam.

Put the food in

Steaming 100 °C for 1 Mins

Take the baking trays out of the cooking space and place 3 prawns on each crepe. Continue to steam.

Put the tray in

Steaming 100 °C for 7 Mins

Leave the crepes to cool a little. Scatter the carrot and spring onion over the prawns. Fold the right and left sides of the crepe in, and roll up into a cylinder.

Repeat the process until all the batter is used up. Arrange the rolls on a serving platter and reheat in the cooking space for 2 minutes before serving.

עצות

The more round baking trays you have, the quicker you will be making the crepes.

Other kinds of vegetables such as sweet pepper and soya bean sprouts can be used instead.

Serve with sweet soy sauce on the side for dipping.

אביזרים

1–4 round TopClean baking trays, ø29 cm

Wire shelf

מידע נוסף

הופק ביום	11.12.2019