Rice paper dumplings with chicken

Ingredients



♥ 36 rice paper sheets (2 packs Vietnamese spring roll sheets, see tips)

Filling:
♥ 400 g ground chicken
♥ 250 g cabbage
♥ 2 carrots
♥ 3 spring onions
♥ 3 cloves garlic
♥ 2 tbsp freshly grated ginger
♥ 4 tbsp soy sauce
♥ 2 tbsp fish sauce
♥ 2 tbsp oyster sauce
♥ 2 tbsp sesame oil

Frying:
♥ 0.5 liter neutral oil (e.g., avocado oil, see tips)

Soy Sauce Dip:
♥ 2 dl soy sauce
♥ 2 tbsp hoisin sauce
♥ 4 tbsp sesame oil
♥ 3 tbsp finely chopped spring onion
♥ 1 tsp chili flakes
♥ 1 tsp sesame seeds

♥ 1 lime, juiced

Sweet Chili Sauce Dip:
♥ 3 dl sweet chili sauce

Serving:
♥ 1 spring onion
♥ fresh coriander (optional)

Instructions

Put chicken mince in a bowl. Cut cabbage and carrot into thin strips and add to the bowl. Chop the spring onion and add this too. Add crushed garlic cloves and finely grated fresh ginger. Add soy sauce, fish sauce, oyster sauce, and sesame oil. Mix the filling well.

Get a bowl or pan that is slightly larger in diameter than the rice paper and fill it with water. Soak the rice paper in water for about 10 seconds to soften them. I prefer to use 2 rice paper sheets per dumpling (see tips).

Place the soaked rice paper on a board. Place a large and good tablespoon of filling on the lower half of the rice paper. Fold the dough tightly over the filling from the underside. Then fold the sides in towards the middle. Roll up so you have a closed packet.

Repeat with the rest of the rolls.

Fry the dumplings in oil (preferably avocado oil, see tips) for a few minutes on each side. Make sure that two rolls are not too close to each other, as they may stick together.

Then place them on a baking parchment-covered baking sheet and bake them in the middle of the oven at 220°C for 15–20 minutes. The dumplings are ready when they are golden and crispy.

Meanwhile, mix the ingredients for the soy sauce dip and fill in a dipping bowl. Put sweet chili sauce in another dipping bowl.

Serve the rice paper dumplings while they are warm and crispy. Optionally garnish with fresh coriander and spring onion.

Tips

♥ Here I have used avocado oil which handles high temperatures very well. However, it's fine to use sunflower oil, rapeseed oil, or another oil with a neutral taste. If you want an oil with a lot of flavor, you can fry them in sesame oil or a combination of neutral oil and sesame oil.

♥ Rice paper is naturally gluten-free. It can be purchased in most Norwegian grocery stores. Note that it might be labeled Vietnamese spring rolls on the package. I prefer to use a double layer of rice paper since I like to fry the dumplings in oil first and then in the oven. It's also possible to make the packages with only one layer of rice paper, but they are a bit more prone to break apart when frying in a pan, so I recommend just brushing the rolls with oil and baking them in the oven.

♥ Be a little careful when working with soaked rice paper, as it doesn't take much for them to tear.

♥ It is correct that the chicken mince can be raw. The filling gets cooked through when you first fry the dumplings in oil and then bake them in the oven. If you wish to only fry the dumplings in the pan, you must fry them for at least 5 minutes on each side so that the chicken mince is fully cooked.

♥ Personally, I prefer to fry the dumplings briefly in oil first, so they get a crispy surface and the dough absorbs some oil. Then I continue to bake them in the oven to ensure the chicken mince is fully cooked. This also makes it easier to keep all the dumplings warm until serving.

♥ If you want to reduce the amount of oil, you can just brush the rolls with oil on all sides and only bake them in the oven.

♥ Instead of chicken mince, you can use pork mince. For a vegetarian version, you can use tofu.

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