

## How to Prep for A Taste of Thai: Summer Rolls

CHEF JAMIE CALLISON: Alright, so I'm back to talk about, some people call these Summer rolls, salad rolls, I really like them because they're fresh, they're not fried. There is a lot of mise en place that goes into this but I really feel that there is all worthwhile. So, today we're going to talk a little bit about some of the work that we need to do. I have everything lined up here. On the side I have my julienne carrots, my chopped cilantro, my chopped cabbage, some green onions, I have some rice noodles, or bean noodles, depends on what you really like. And these are simple, they're just soaked in hot water for about 8-10 minutes. Depends on the product you are using. And then you chill them, so run them under cold water. Chilling, and then preserving them until you need to use them. I have a fish sauce and lime juice, all ready to go. And again, you know with mise en place for this, if you're going to be cooking with us, it's really important that you have everything done. Of course, at home, you can, on this one, since you're not actually cooking anything, what I always do if I do something like this, I always set the product out, and as I'm cutting it, I'll move it but I'll make sure I have everything there so I don't forget, and that's especially important with baking or anything so it's kind of, you start on one side and move it to the other side, and so you know what's on that side is done. So you just don't want to forget that ingredient, and make these wonderful salad rolls and all of a sudden realize "Oh I forgot to put the carrot in there" So looking through the recipe, and the beautiful thing about the summer rolls is you can put whatever you want in there. So I'm going to be talking about the cutting of beansprouts again, you want to make sure that we cut these, everything has to be cut in these wrappers. They're very...I like to call them very finicky. These are the spring roll skins. They're very fragile. You need to setup a thing of hot water. I always say that the water needs to be about 105 degrees, basically just like a hot tub. So if the water, if you put your hand in there and it feels too hot, but you can still keep your hand in there, it's about the right temperature, so having that setup and ready to go, and then having these ready to go, and then these you want to do very last minute. And we'll talk more about that next week. So, for our carrot, what I like to do is you can shred the carrot with basically just your regular shredder, if you have a mandolin you can do the julienne. The way I was taught is I just cut really thin, long strips, like this. As thin as I can get them. And then I lay those thin strips down, and then I do a really fine julienne. And it's really important to get these very small. So it may be better, depending on your knife skills, to use a grader. The thing I don't like about a cheese grader that some people use is it pushes out a lot of moisture in the carrot so it starts to break down a little bit. However, it does work out just fine.

For your cabbage, there's a core right here, I usually cut it in pieces, like this to remove that core. And then I'm going to take that and I'm just going to do really small, very very thin, the thinner you get this the better. And part of the reason is, these shells are so temperamental and they're wonderful, but if something is too big it's going to poke through, so it's really important to get this cabbage really small.

For your beansprouts, just a rough chop. They're soft enough that if you don't get them exactly the right size, you're going to be okay. We're going to take those and put those right into our bowl. Your green onions, we're going to definitely use the green part of the onions, and what I like to do is lay these down. These have been washed. And hold onto them, and at a slight angle, and just chop these as fine as you can get them. And again, I've been doing this for a very long time, so understand that it may be a little hard to get them that small. If they end up being a bit larger than that, that's okay. And we're going to cut just the green part for this dish.

Your avocado is going to be a little bit trickier, this time of year it's really hard to pick a good avocado. You want to find one that's...you can feel a little...you can push in and kind of feel a little softness but you don't want big air bubbles in here. So with your avocado, you can prepare this a little ahead of time. However, very important, so I'm just going to spin this around. Pull out this beautiful avocado. If you cut this right as you need it, you don't need to do anything to it, put any kind of acid on it. However, if you cut it just a little ahead of time, wipe a little bit of lime juice on there, and you can have it done just a little ahead of time.

So I have my butter lettuce here too. And we're going to use this, make sure it's cleaned really well, and we're definitely going to use that for the summer roles. And please return next week to see how all of these are put together. Thank you.