

Vietnamese Banh Xeo Crepes + Sour (But Mostly) Sweet Dipping Sauce + Ginger Fizzies



vietnamese banh xeo crepes

measure+whisk

In a large mixing bowl, measure **1 C white rice flour**, **1 T cornstarch**, **½ tsp turmeric**, **½ tsp salt**, **¾ coconut milk**, and **1 C water**. Whisk until the batter is smooth and then set aside to rest while prepping the other ingredients and making the dipping sauce.

slice+shred+chop

Slice 3 green onions thinly and add to the batter and stir once more. Then shred or chop the vegetable and herb fillings you have chosen for your filling (options include: **bean sprouts**, **mint leaves**, **shredded carrots**, **cilantro leaves**, **shredded cucumber**, **mustard greens**, **red leaf lettuce**, **sliced radishes**). Set aside.

coat+warm+spread

Add enough **oil** to coat the bottom of a nonstick skillet on your stovetop and turn the skillet to medium heat. Once the oil is hot, add about 2 T of batter per crepe to the skillet and spread it gently around so that it forms a thin “pancake”. The crepe should be very thin - if it has holes, that’s okay!

fry+flip+sizzle

Keep pouring crepe batter into the skillet - depending on their size and the size of your pan, you will be able to fry a few crepes at a time. Cook for 1-2 minutes until golden brown on the bottom, then flip with a spatula and continue cooking until golden brown on both sides. When done, the crepe should crisp up at the edges. Listen for the sizzle!

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shopping list

Banh Xeo Crepes

Crepe Ingredients

- 1 C white rice flour
- 1 T cornstarch
- ½ tsp turmeric
- ½ tsp salt
- ¾ C coconut milk
- 3 green onions
- oil for frying

Filling Ingredients

- bean sprouts
- mint leaves
- shredded carrots
- cilantro leaves
- shredded cucumber
- mustard greens
- red leaf lettuce
- sliced radishes

Sour (But Mostly) Sweet Dipping Sauce

- 2 T brown sugar
- 1 T rice/apple cider vinegar
- 2 T soy sauce
- 2 tsp shredded ginger

Ginger Fizzies

- 2 C apple juice/cider
- 2 tsp shredded ginger
- 1 C ginger ale
- ice

::continued::

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What is Banh Xeo?

Banh xeo literally means, “sizzling cake”, and is made by pouring a batter made from rice flour, turmeric, coconut milk, and water into a hot skillet, though versions vary by region. It is half omelette, half crepe, and folded over to be eaten like a taco. In southern Vietnam, the banh xeo is about the size of Western dinner plates, with a filling made up of mung beans. In central Vietnam, the crepes are smaller and white, owing to the lack of turmeric in the batter, but may be flavored with cumin instead. In the Hue area of Vietnam, banh xeo is called “banh khoai” and the crepes is smaller than in the south, with a filling made up of fennel, star fruit, green banana, and soy sauce. Banh xeo made in northern Vietnam may include manioc in the filling.

It is not clear when banh xeo was first invented, but most experts on the subject agree that the recipe originated in Central Vietnam. Some of the very best food in Vietnam is served on the street from food vendors who are masters at their craft. Banh xeo is a shining example of this. Food from Vietnam is perfectly balanced, super flavorful, and FRESH. Vietnamese cuisine is a marriage of time-honored techniques and French influence from the days of French occupation - recipes are sweet and sour, hot and cold, crunchy and soft all in one, to give your tastebuds a flavor explosion with every bite.

The surprise ingredient of the week: Rhizomes!

- ★ **Rhizomes refer to an underground, horizontal growth method of certain plants.** Sometimes we eat the rhizome part of the plant and sometimes we can't. For example, bamboo plants are rooted underground by rhizomes, but the rhizome is not the part of the plant that we eat; instead, we eat the bamboo shoots that come up out of the ground. But we DO eat the rhizomes of plants such as ginger, turmeric, and arrowroot!
- ★ **A rhizome serves as the *main stem* of the plant.**
- ★ **If a rhizome is separated from the rest of the plant,** each piece may be able to grow a separate, new plant on its own.
- ★ **Rhizomes are incredible because they grow perpendicular to the force of gravity!** As subterranean, or underground, stems of plants, rhizomes send out roots and shoots from their nodes.
- ★ **Rhizomes are the storage compartment of the plant.** They store starches, proteins, and other nutrients. That's why we eat this part of the plant - it's nutritious!

Time for a laugh!

What is the noisiest spice? Ginger Snap!

How do ginger and turmeric live their lives? By seasoning the moment!

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