

HAKANOA GINGER SYRUP - Avocado Rice Paper Rolls with Spicy Ginger Dipping Sauce

These make a lovely light lunch for two, or starters for four. The creamy avocado and crisp minty slaw contrast nicely with the hot sweet gingery sauce.

You'll need rice paper wrappers, they come in various shapes but I find square is easiest for rolling up. The trick to these is to have a shallow dish of hand-hot water that will fit a wrapper with plenty of space around the edges at your side. Pop them in one at a time and let each wrapper soak for about 30 seconds. All going well you'll find it takes about as long to wrap the roll as it does for the next wrapper to soak. You might need to top up the hot water from time to time.

wrappers:

1 packet rice paper wrappers

a shallow container of hot water big enough to fit the wrappers roomily

filling;

1 cup of finely shredded crisp white cabbage

1/2 small carrot, finely shredded

1 spring onion, trimmed and shredded, also finely. No-one likes a big oniony surprise.

1 bunch of vietnamese mint, leaves picked from stems and left whole

* note, you can add or substitute other herbs - thai mint, thai basil, garden mint, and coriander all work

2 teaspoons sesame oil

1 avocado, peeled and sliced into sticks.

combine the cabbage, carrots, spring onions and herbs in a bowl. Add 3 tablespoons of dressing (see below) and the sesame oil and toss to coat evenly.

dressing / dipping sauce;

2 fresh chillies, de-seeded and chopped

* note, you can use 2 dried chillies with seeds removed, break them up and let soak for 5 mins in 1/2 cup of boiling water, discard the water and proceed as for fresh

1 clove of garlic, skinned and roughly chopped

1 tablespoon grated palm sugar or jaggery or brown sugar

1 tablespoon rice vinegar or cider vinegar

2 tablespoons fresh lime juice

3 tablespoons fish sauce

2 tablespoons water

2 tablespoon Hakanoa Ginger Syrup

Pound the chillies and the garlic in a mortar and pestle until they are a paste. Add the sugar and blend into the paste until smooth. Then stir in the vinegar, fish sauce and lime juice.

Reserve 3 tablespoons of the dressing here, and use it to dress the coleslaw part of the filling.

Add 2 tablespoons of water and 2 tablespoons of Hakanoa Ginger Syrup to the remaining dressing mixture. This is now your dipping sauce. Taste test for a good balance of hot sweet salty and spicy.