

Herbal Legacy Recipes

Raw Spring Rolls

Celebrate the lovely weather with these delicious and healthy wraps.

INGREDIENTS:

Wrapper:

- Thinly sliced daikon radish (paper thin slices.) Cut into approximately 2 inch by 3 ½ - 4 inch rectangles.

For filling:

- 1 carrot julienned
- Enoki mushrooms
(see photo)
- Radish sprouts
- Cabbage thinly sliced
- Cilantro
- Green onions chopped fine



Other ingredients:

- Sesame Oil (not roasted)
- Nama Shoyu (unpasteurized soy sauce)
- Sea Salt

DIRECTIONS:

1. Prepare vegetables.
2. Rub a little oil onto a radish wrapper. Sprinkle with a little sea salt.
3. Create a bouquet with a few of the filling ingredients and place the small bundle onto the wrapper. The filling ingredients should drape over both edges of the wrapper.
4. Wrap radish around filling by rolling. The oil you rubbed on the radish earlier holds the wrapper in place.
5. Make individual dipping sauce. For each person use pour 1 Tablespoon Nama shoyu in a dipping bowl and sprinkle with chopped green onions.

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