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Giant Noodle Rolls2



This is a very healthy dish. You can make this meal totally vegetarian without a significant loss of taste. The preparation is fun if you have an assembling team. It takes a little bit of time but is totally worth it. I dare you try this dish.

*Goi Tiew Lohd* is usually eaten as a snack but makes a good lunch.

## 2 Servings



1	package	tofu - extra firm	
1	tablespoon	salty Chinese cabbage	
		ground pepper	
1		green onion	
		fried garlic	
1/2	package	fresh flat rice noodles	
6	sprigs	cilantro	
1/4	lb	bean sprouts	
1/2	cup	shrimp	Optional

### Tips and substitutions

If you would like a vegetarian dish, omit the shrimp. Otherwise, fresh shrimp can be substituted with dry shrimp or cooked ground meat.

You can save time by cooking directly in the bowls or plates you will serve in. With this meal, I present each person a bowl with 1 or 2 noodle rolls, instead of having them scoop from a common plate. Once the noodle roll is cooked, it is tough to pick one up without having it fall apart.

**Preparation:** If you use fresh shrimp, peel and devein shrimp. If you are using dried shrimp, remember to use salted Chinese cabbage sparingly because there is quite a bit of salt in dried shrimp. You can find the extra firm tofu at oriental grocery. It comes in a package, without water. Some are brown because they are

marinated in soy sauce. For this recipe, either the brown or white firm tofu will be OK. The tofu should have the texture of mozzarella cheese. Use two pieces, 4 inch x 4 inch x 1 inch. If you love tofu, add more. Slice the tofu into thin pieces.

Cut the rice noodles into 5 inch x 8 inch rectangles. If your noodles were refrigerated, steam them for a few minutes or microwave them, so that they become softer and easier to peel. Otherwise, they can be very difficult to handle and may break.

**Assembling:** Lay the noodles sheet on a plate or large cutting board. Add tofu, shrimp, bean sprout, sliced onion and cilantro and Salted chinese cabbage on the noodles. Sprinkle some black pepper on top. Wrap the noodles around the filling. The ends should be open.

**Cooking:** There are two ways of cooking the noodles; the traditional way and the microwave way.

To steam the noodles: If you have a big steamer that can accommodate a bowl or plate, put the noodles in the dish and steam the whole thing for 5 -7 minutes. You can also put the roll directly in the steamer, but is may be a little challenging to get it out after it is steamed.

To microwave the noodles, which I find faster and easier without any loss of taste or texture: Place the noodle rolls in a plate and cover the plate and microwave for 6-8 minutes (depending on you microwave.) The noodles should be hot and steamy.

**Presenting:** Sprinkle green onion and cilantro on top of the noodles. Add a teaspoon of garlic oil on top. Serve hot with sauce. Prepare plenty of sauce. The noodles should be soaked in sauce for maximum taste. Enjoy this delicious healthy dish!

## Giant Noodle Roll Sauce - *Nam Jim Goi Tiew Lohd*



This sauce will hit your major taste buds; sour, sweet, salty and hot! The sauce is a wonderful compliment to the noodles.




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3	tablespoons	vinegar
5	teaspoons	sugar
4	teaspoons	soy sauce
1-3	tablespoon	ground fresh chili paste
2	teaspoons	fish sauce

Mix all ingredients together and heat up the mixture in a microwave for 1-2 minutes to dissolve the sugar and warm the sauce.