



JESSICA NGUYEN

Jessica Nguyen is a free lancing home cook, recipe creator and food influencer living in Melbourne, whose mission is to inspire people to cook at home for themselves and for the people around them, one Instagram story at a time.

She shares easy to follow step-by-step recipes on her Instagram and also recently launched her first food product for sale, her homemade chilli oil.

Whether you're an aspiring cook, a terrible cook who wants to get better, looking for inspiration for your weekly meals, or someone who wants to understand what goes into making a dish, her content will have something for you.

BEEF POACHED IN COCONUT JUICE AND VINEGAR RICE PAPER ROLLS (BÒ NHÚNG GIẤM)

INGREDIENTS

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| 1 kg of Tasmanian Cape Grim Beef eye fillet | 3 heads of cos lettuce |
| 1 can of coconut juice or coconut water | 1 pineapple, optional |
| 3 tablespoons of white vinegar | 1 bunch of fresh mint, washed |
| 2 red or white onions, finely chopped | 1 bunch of Vietnamese mint, washed |
| 1 packet (375g) of rice paper | 1 bunch of coriander, washed |
| 1 packet (400g) of rice vermicelli | 1 green apple, sliced finely |
| 3 cucumbers, preferably Lebanese, sliced into batons | 1 cup of Vietnamese dipping sauce |

"...I've chosen Cape Grim beef, which is the best quality Australian beef in my opinion. I fell in love with it on my last holiday to Tassie..." Jess.

A traditional recipe where eye fillet beef is thinly sliced and poached in a simple broth of coconut juice and vinegar before being rolled into rice paper rolls.

METHOD

Prepare the Tasmanian beef by using a sharp knife and slicing thinly against the grain. Place onto a platter and refrigerate whilst you prep the remaining ingredients.

Meanwhile, cook your vermicelli by placing into a pot of boiling water and cook for about 4 minutes or until they are soft. Drain into a colander and run some hot water over them to remove any excess starch and to stop them from sticking to each other. Place onto a plate ready to serve. Wash, dry and arrange all herbs and vegetables onto a platter.

Pour your Vietnamese dipping sauce (Nuoc Cham) into small bowls, putting a few tablespoons in each, so that everyone has their own sauce bowl to dip into.

Combine the coconut juice, vinegar into a pot and allow to come to the boil. Remove from your stove and place onto a portable gas/electric stove on your dining table 'hotpot style'

Serve the Tasmanian beef, greens, vermicelli, rice paper with a bowl of hot water on your table.

To cook simply place your onions into the broth to cook for a minute as they need longer time than the Tasmanian beef. Then dip the Tasmanian beef into the broth for about 20 seconds until cooked through. Ladle broth, Tasmanian beef, and onions onto a small plate for people to place into their rice paper rolls. Continue to cook and eat as you go, similar style to hotpot.

How to assemble rice paper rolls: To roll rice paper rolls, simply dip the rice paper into a bowl of warm to hot water and then place onto your plate to soften for 30 seconds. Once the rice paper has softened, place down a lettuce cup, a handful of vermicelli, 1 cucumber or apple baton and a handful of herbs. Add your Tasmania beef and onions. Then roll the rice paper away from you, tucking both ends in and continuing to roll it into a rice paper roll 'burrito' style.

Serves - 4. Cooking Time - 1 hour. Skill Level - Easy.

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