

# Beef Rice Noodle Rolls

## Ingredients

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1 1/2 c Rice Flour  
1/4 c Tapioca Starch  
1/4 c Wheat Starch  
1/2 t Salt  
2 T Vegetable Oil  
2 1/2 c Water (plus 1 tablespoon)  
8 oz Ground Beef  
2 T Cilantro (chopped)  
2 T Cornstarch  
2 t Soy Sauce (plus 1 tablespoon)  
1/2 t Baking Soda  
3/4 t Sugar  
1/2 t Sesame Oil  
3 T Cold Water

## Instructions

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1. Combine the rice flour, tapioca starch, wheat starch, and salt. Add vegetable oil and 1 1/2 cup room temperature water and stir with a whisk until the batter is smooth. Stir in 1 cup of boiling water, set aside and allow the batter to rest at least 30 minutes.
2. Mix together ground beef, cilantro, cornstarch, 2 teaspoons soy sauce, baking soda, 1/2 teaspoon sugar, and sesame oil. Add 3 tablespoons cold water and stir until the meat almost resembles a paste. Use a spatula and divide the beef into 6 sections, set aside to marinate. Stir together 1 tablespoon soy sauce, 1 tablespoon water, and 1/4 teaspoon sugar and set sweet soy sauce aside until ready to serve.
3. While the batter is resting and the meat is

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marinating, spray non-stick cooking spray into the pans. Prepare a steamer with water at the bottom and the top fits one pan. Bring the water to a boil on high.

4. When the batter and filling are ready, place one baking pan into the steamer and allow the pan to warm up slightly, stir the batter and use a ladle to pour 1/2 cup of the batter into the pan, tilt the pan until the batter is spread evenly.

5. Cover and steam for 1 minute until set, use a spatula to shape 1/6th of the beef mixture flat approximately 1/4 inch thick, 1 1/2 inch wide and 8 inches long. Carefully transfer the flattened piece of beef on to the rice flour sheet down the center of the pan. Cover and steam for an additional 4-5 minutes.

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6. When the beef is cooked through, take the pan out and place on a dish towel. Immediately place the second baking pan into the steamer. Stir the batter and repeat steps the same steps to steam a second rice noodle roll.

7. In the meantime, use a silicone spatula to carefully loosen the first rice noodle sheet at the edge that is closest to the beef and second spatula to loosely fold the sheet over the beef, loosen the other side and fold that over, transfer the roll onto a serving plate and set aside.

8. Prepare the first pan for a second round by washing and spraying with non-stick cooking spray. Flatten another piece of beef. Repeat until all the batter and filling are used up.

9. Plate three rolls per serving dish. Right before

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serving, steam the finished rolls in the serving dish for a few minutes to warm them up. Cut each roll cross-wise into 4 pieces and serve with a light drizzle of the sweet soy sauce, to taste.