

# STREET-FOOD SESAME CREPES WITH SHRIMP

Based on the Vietnamese Bánh xèo, these savory sizzling crepes are a favorite street snack. They often include pork, so you could use leftover pork belly (page 62) in addition to—or instead of—the shrimp. Traditionally they are wrapped in a lettuce leaf with an assortment of herbs, and dipped into Nuoc Cham, a sweet-sour sauce. Sesame is not necessarily a traditional component of this recipe, but it is common in Vietnamese cuisine—and a tasty way of incorporating it if you have reintroduced it. For information on preparing sesame seeds, see page 12 in *Kitchen Basics*.

Toast the sesame seeds in a dry frying pan until golden, and set aside. To make the dipping sauce, add the fish sauce, garlic, coconut aminos, apple cider vinegar, oil, and sugar to a small bowl and mix well. Set aside. Put the tapioca flour and turmeric in a medium bowl. Pour in the coconut milk and  $\frac{1}{4}$  cup (60 ml) water and whisk to a smooth, runny batter. Divide the scallions, shrimp, and beansprouts into 8 portions.

Put the frying pan over medium heat. Put 1 teaspoon (5 ml) of the oil in the pan and add a portion of the spring onions and shrimp. Pour  $\frac{1}{4}$  cup of the batter over and around and add a sprinkling of sesame seeds and some beansprouts. Cover the pan and cook for 2 minutes; then remove the lid and cook for 2 minutes, regulating the temperature as necessary. Fold the crepe and move to a warm plate. Make the other crepes in the same way. The traditional way to eat these is to tear the crepes into bite-sized pieces, wrap in a lettuce leaf with a selection of herbs, and dip into the dipping sauce. Serve the lime wedges on the side.

**NOTE** If you have reintroduced rice, a more authentic batter is  $\frac{1}{4}$  cup (45 g) white rice flour,  $\frac{1}{4}$  cup (60 ml) coconut milk, and  $\frac{1}{4}$  cup (60 ml) water.

MAKES 8  
PREP TIME: 30 MINUTES,  
PLUS SOAKING  
COOK TIME: 35 MINUTES

## CREPES

1 tablespoon (8 g) sesame seeds,  
soaked and dried  
 $\frac{1}{4}$  cup (44 g) tapioca flour  
 $\frac{1}{2}$  teaspoon ground turmeric  
 $\frac{1}{4}$  cup (60 ml) coconut milk  
Pinch sea salt

2 cups (100 g) beansprouts  
[Stage 1]  
Avocado or coconut oil

5 scallions, thinly sliced  
 $\frac{1}{2}$  lb (340 g) cooked, peeled  
small shrimp

## DIPPING SAUCE

4 teaspoons fish sauce  
4 cloves garlic, minced  
4 tablespoons (60 ml) coconut  
amino

2 tablespoons (30 ml) raw apple  
cider vinegar  
4 tablespoons (60 ml) sesame oil  
[Stage 1]  
1 teaspoon coconut sugar

## TO SERVE

$\frac{1}{2}$  head lettuce, leaves separated  
Small handful fresh cilantro  
Small handful fresh Thai basil  
Small handful fresh mint  
Lime wedges



Sesame seeds

AIP COMPLIANT Omit sesame seeds.  
Sub avocado oil for sesame oil.  
Sub daikon cut into matchsticks for  
beansprouts.

FREEZER-FRIENDLY Yes

LOW FODMAP Avoid avocado oil. Use  
green part of scallions. Omit garlic.

COCONUT-FREE No

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