

# Rice Flour Pancake Rolls Recipe

(Milssam - Korean Recipes)

**Ingredients:** Serves 4

Oil, to cook the pancakes

1 small zucchini, sliced into long, thin shreds

4 dried black Chinese shiitake mushrooms, soaked in water for 30 minutes,  
stems discarded and caps sliced into long shreds

1 small green capsicum, thinly sliced into long shreds

1 small carrot, sliced into long shreds

65g slivered bamboo shoots

200g beef, shredded

1 teaspoon salt

1 tablespoon sesame oil

5 teaspoons vegetable oil

3 tablespoons pine nuts, crushed

**Batter:**

125g rice flour

125g glutinous rice flour

1 teaspoon salt

2 cups water

**Vinegar Soy Dip:**

3 tablespoons soy sauce

1½ tablespoons rice vinegar

1 tablespoon water

½ teaspoon sugar (optional)

**Method:**

Mix all the ingredients for the Vinegar Soy Dip in a bowl and set aside. Prepare the batter by combining all the ingredients. If desired, you can color the batter with a food coloring of your choice. Lightly grease the bottom of a small skillet or crepe pan with a diameter of about 6 in (15 cm), wiping away the excess oil with a paper towel. Heat the skillet over low heat, add 2 tablespoons of the batter and swirl to cover the bottom of the skillet. Cook over very low heat for 1 minute, then flip the pancake over and cook the other side. Repeat until all the batter is used up. Cover the pancakes and set aside in a warm place. Sprinkle a pinch of the salt and half a teaspoon of sesame oil over the zucchini. Repeat with the mushrooms, capsicum, carrot, bamboo shoots and beef - sprinkling salt and sesame oil over all the vegetables and beef, but keeping them separate. Heat 1 teaspoon of the vegetable oil in a wok and lightly stir-fry the zucchini for 30 seconds. Drain, then transfer the cooked zucchini to a plate. Repeat with the rest of the vegetables, heating 1 teaspoon of vegetable oil in the wok before lightly stir-frying each batch for 30 seconds. Drain and set the vegetables aside. Add the remaining vegetable oil and stir-fry the beef for 1 minute until the color changes. Set aside. Place a little of the beef and vegetables onto the center of a pancake and roll up tightly. Sprinkle the crushed pine nuts and serve at room temperature with the Vinegar Soy Dip.