

Vegetarian Bánh Xèo (Vietnamese Rice Flour Crepes)

Ingredients

- ½ cup whole mung beans, soaked 12 hours
- 1 cup rice flour
- 2 tbsp. nutritional yeast
- 1 tsp. turmeric
- ½ tsp. salt
- ¼ cup full fat coconut milk
- ¼ small onion
- 4 oz. shiitake mushrooms
- 4 oz. extra firm tofu
- 1 tsp. sugar
- 1 lime, juiced
- 2 tbsp. [vegan fish sauce](#)
- 1 clove garlic, finely minced
- Bean sprouts
- Fresh mint leaves
- Cilantro
- Large, leafy greens (like leafy lettuce or mustard greens)

Steps

1. In advance of making this recipe, make sure to soak your mung beans for 12 hours. Next, prepare a steamer and steam the soaked mung beans for 15 minutes, or until they are cooked through but not mushy. Once cooked, set aside.
2. While the mung beans steam, prepare the batter by whisking together the rice flour, salt, nutritional yeast and turmeric. Next add the coconut milk, along with 1¼ cups of water. Whisk until smooth, and set aside.
3. Prepare the fillings- thinly slice the onion, and chop the mushrooms into small pieces. Cut the tofu into small strips. Also prepare the dipping sauce by combining the sugar, lime juice, vegan fish sauce, garlic clove, and 2 tbsp. water and mixing well.
4. Finally, make your banh xeo. Add some neutral flavored oil to a 9-inch skillet on medium-high heat. Once hot, add about 1/5 of your onions and mushrooms, sautéing them for a few minutes to release their moisture. Then push the onions and mushrooms over to one half of the pan, and pour ½ cup of the batter into the pan,



tilting it as needed so that the batter covers the entire pan. Let cook for a minute, then sprinkle a tablespoon or so of the mung beans onto the half of the pancake that contains the mushrooms and onions. On top of that, add 1/5 of your tofu, and a few bean sprouts. Let cook for another minute, before flipping the empty half of the crepe over to cover the bean sprouts, mung beans, and tofu. Cook for 30 seconds more, then slide out of the pan onto a plate.

5. Enjoy immediately. Banh xeo are often eaten in a lettuce wrap, with fresh mint and cilantro, dipped in the dipping sauce we made earlier.