

# Vietnamese Grilled Beef In Wild Betel / Piper Lolot Leaves (Bò Nướng Lá Lốt)

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Serves 2-3

## INGREDIENTS

- 12 oz ground fatty ground beef
- 2 tablespoons finely minced shallots
- 1 tablespoon finely minced garlic
- ¼ teaspoon ground black pepper
- ½ teaspoon sugar
- 2 teaspoons fish sauce
- 1 tablespoon oyster sauce
- ½ teaspoon chicken bouillon powder
- ¼ teaspoon MSG (optional)
- 25-30 wild betel/perilla/pepper lolot/grape leaves

## Sauces

- [Vietnamese Fish Sauce Dipping Sauce \(Nuoc Mam Cham / Nước Mắm Chấm\)](#)
- [Vietnamese Fermented Anchovy Dipping Sauce \(Mam Nem / Mắm Nêm\)](#)

## INSTRUCTIONS

1. Rinse the leaves thoroughly and pat dry with paper towels. Leave a small piece of stem intact to secure the rolls. Alternatively, use a toothpick for each roll or long skewers to secure a bunch at a time.
2. In a large bowl, mix together ground beef with shallots, garlic, black pepper, sugar, fish sauce, oyster, chicken bouillon powder, and MSG (optional).
3. Lay leaf flat with glossy side face down and narrow end at the bottom. Put about 2 tablespoons of filling in the center of the leaf, more or less depending on the size of the leaf. Fold the narrow end over the filling, then carefully roll up. Pierce the stem into the roll to prevent it from unraveling. If the stem is too flimsy, pierce a hole in the roll with a small knife then insert the stem. Lay roll flat with stem-side down. Repeat the process with the remaining leaves and beef mixture.
4. Grill the rolls to get a smokey flavor or pan fry with a bit of vegetable oil for about 2 minutes per side.
5. Serve the rolls in a bowl with thin rice noodles, chopped lettuce, assorted Vietnamese herbs, and topped with roasted peanuts and a Vietnamese fish sauce dipping sauce. For the more adventurous, serve with an alternative Vietnamese fermented anchovy dipping sauce. You can also serve the rolls with rice paper on the side for a more self-assembly dish.