

Maine Arts Camp

2013

Recipe Name: Egg Rolls

Chef: Charlie Limoggio C.E.C.

Servings: 10

Yield: 10 egg rolls

| Quantity | Unit | Ingredient Name | Prep Notes |
|----------|--------|-------------------|-------------------------------|
| 1 | TBSP | Peanut oil | |
| 8 | ounces | Ground pork | |
| 2 | ounces | Mushrooms | Washed, trimmed & sliced thin |
| 8 | ounces | Cabbage | shredded |
| 2 | stalks | celery | Washed, trimmed, small dice |
| ½ | cup | Soy sauce | |
| 1 | TBSP | Sugar | |
| 8 | ounces | Bean sprouts | |
| 10 | | Egg roll wrappers | |
| 1 | Large | Egg | Lightly beaten |
| | | Peanut oil | For frying |

1. In a heavy pan, heat the first peanut oil over low heat. Add the ground pork and stir fry for about 2 minutes.
2. Add mushrooms, cabbage, celery soy sauce and sugar-continue to stir fry for 1 more minute. Drain off the excess liquid and transfer filling to a bowl. Add bean sprouts to mixture and chill or refrigerate below 41°F or lower.
3. For each egg roll, shape approximately 2 ounces of cold filling into a 1" X 3" cylinder. Place diagonally across the center of the wrapper. Lift the lower triangular flap over the filling and tuck the point underneath the far side leaving the upper triangle exposed. Bring the two end flaps up to the top of the enclosed filling and press down. Brush the upper exposed triangle of dough with the egg wash. Roll into a neat package. The egg acts as a glue to hold the egg roll closed.
4. Place the egg rolls into a pan and keep covered with a DRY kitchen towel.
5. To fry, heat peanut oil in a wok or heavy pan. Heat to about 375°F and deep fry for 3-4 minutes until crisp & golden brown. Drain egg rolls on absorbent paper.

Notes: Mustard sauce, sweet & sour sauce or duck sauce, As needed for accompaniment. Using lo-salt soy sauce and ground chicken breast will reduce sodium & fat, but they still need to be fried.