

VEGGIE SPRING ROLLS



MAKES: 12-14 - COOK: 20 MINUTES - PREP: 20-30 MINUTES
IF MAKING WRAPPERS FROM SCRATCH

INGREDIENTS

VEGETABLE OIL, FOR FRYING - 500G SPRING ROLL WRAPPERS (OR SEE SIMPLY COOK TO MAKE FROM SCRATCH)

FILLING

2 TBSP VEGETABLE OIL - 3 GRATED GARLIC CLOVES - 20G GRATED FRESH GINGER - 1 RED CHILLI, FINELY CHOPPED, SAVE EXTRA FOR GARNISH - 3 TBSP DARK SOY SAUCE - 1 TBSP CORNFLOUR - 1 TBSP TOASTED SESAME OIL - 300G PACK CHOPPED OF STIR-FRY VEGETABLES (ONIONS, CARROTS, CABBAGE, BELL PEPPERS, BEANSPROUTS) - HANDFUL OF BAMBOO SHOOTS, DRAINED AND THINLY SLICED LENGTHWAYS - 100G MUSHROOMS, THINLY SLICED - 1 SPRING ONION THINLY SLICED - 2 TSP TOASTED SESAME SEEDS - SEA SALT AND WHITE PEPPER

DIPPING SAUCE

2 TBSP BLACK VINEGAR OR RICE WINE VINEGAR - 1 TSP CASTER OR GRANULATED SUGAR - 1 TBSP DARK SOY SAUCE - 1 TSP SESAME OIL - FINELY DICED CHILLI (OPTIONAL) - 1 TSP SPRING ONION, FINELY DICED

INSTRUCTIONS

1. TO MAKE THE FILLING MIXTURE, HEAT THE VEGETABLE OIL IN A WOK OR FRYING PAN (SKILLET) OVER A HIGH HEAT, ADD THE GARLIC, GINGER AND CHILLI AND FRY FOR A COUPLE OF MINUTES, WATCHING CAREFULLY TO MAKE SURE THE VEGETABLES DON'T BURN.
2. MEANWHILE, MIX THE SOY SAUCE, CORNFLOUR AND SESAME OIL IN A BOWL, ADD THE MIXTURE TO THE WOK OR FRYING PAN AND LET IT BUBBLE FOR A COUPLE OF MINUTES.
3. ADD THE CHOPPED VEGETABLES, BAMBOO SHOOTS (IF USING) AND MUSHROOMS AND COOK FOR ABOUT 3 MINUTES. TASTE AND SEASON, THEN TIP THE MIXTURE INTO A BAKING TRAY (PAN) TO COOL. ONCE COOL, TOSS IN THE SPRING ONION AND SESAME SEEDS.
4. TO MAKE THE SPRING ROLL WRAPPERS FROM SCRATCH, FOLLOW THE INSTRUCTIONS ON PAGE 12. SHAPE ABOUT 2 TABLESPOONS OF THE FILLING MIXTURE INTO A LOG SHAPE, ABOUT 2.5 CM (1 IN) FROM THE BOTTOM EDGE OF THE WRAPPER NEAREST TO YOU, THEN FOLD THE BOTTOM EDGE OVER THE MIXTURE AND THEN THE RIGHT SIDE AND THE LEFT SIDE TO MAKE AN ENVELOPE (MAKE SURE IT IS TIGHT AT THE SIDES AND BOTTOM BEFORE YOU START ROLLING IT).
5. THE SPRING ROLL NEEDS TO BE ROLLED TIGHTLY INTO A CYLINDRICAL SHAPE TO THE FURTHEST POINT AWAY FROM YOU. MAKE A THICK PASTE WITH FLOUR AND A LITTLE WATER, THEN SEAL THE ROLL WITH THE PASTE USING YOUR FINGER. REPEAT UNTIL ALL THE MIXTURE HAS BEEN USED UP - IT SHOULD MAKE 12-14 SPRING ROLLS. IF THERE ARE ANY HOLES IN THE WRAPPERS USE THE FLOUR PASTE TO SEAL. THEY CAN BE FROZEN AT THIS POINT, IF YOU WISH.
6. POUR ENOUGH OIL INTO A LARGE SAUCEPAN SO IT IS DOUBLE THE HEIGHT OF THE SPRING ROLLS. TO TEST IF THE OIL IS READY FOR FRYING, USE THE HANDLE OF A WOODEN SPOON: THE OIL SHOULD FIZZ AROUND IT IMMEDIATELY.
7. GENTLY PLACE ABOUT THREE SPRING ROLLS IN THE PAN AND FRY FOR ABOUT 2 MINUTES ON EACH SIDE UNTIL GOLDEN BROWN. REMOVE AND DRAIN ON PAPER TOWEL.
8. MIX ALL THE DIPPING SAUCE INGREDIENTS TOGETHER IN A BOWL AND SERVE WITH THE SPRING ROLLS.