

Spring Rolls

Preparation : 30 minute
Cooking Time : 10 minutes
Further Preparation : 30 minute
Further cooking : 2-5 minute
Serves : 25 pieces

These spring rolls have been a family favorite for many years. Friends have requested the recipe and have delighted us with a Chinese night featuring their first attempt which was near perfect, well almost. A lot of preparation but well worth the effort. These can be frozen for later use as indicated by the notes.

INGREDIENTS

<ul style="list-style-type: none">• 250g King Prawns raw• 500g minced pork• 110g Rice Vermicelli (thin)• 2 tbsp cornstarch• 100g Bean shoots• 1 tbsp peanut oil• 1 tsp finely grated fresh garlic• ½ Chinese cabbage shredded (large)• 1 tsp Cornstarch (additional)• 1 tsp sesame oil	<ul style="list-style-type: none">• 1 tsp finely grated fresh ginger• ¼ tsp black pepper• 1 egg white• 2 Large carrots• 2 tbsp Light soy sauce• 2 tbsp Oyster sauce• 2 tsp salt• 2 x 25 Spring Roll wrappers (large)• 4 cups peanut oil for deep frying
---	---

METHOD

1. Remove spring roll wrappers from freezer for thawing.
2. Clean and de-vain prawns and slit back to partially open, mince and place in bowl with minced pork, set aside.
3. Prepare garlic and ginger knobs and grate finely, set aside.
4. Remove several outer green leaves of Chinese cabbage to leave white leaves only, discard green leaves. Leaving cabbage intact wash thoroughly and cut bunch in half length ways, then into 25mm thick slices and shred finely, set aside
5. Clean and peel carrots and slice very thinly diagonally. Shred diagonal pieces finely and set aside.
6. Add rice vermicelli to a pot of boiling water and cook 2 minutes, remove and place in cold water. When cold remove excess water and cut into 25mm pieces and set aside.
7. Wash and clean bean shoots and set aside. This means tediously removing the pod end on each sprout. Fresh produce is the key here.
8. Prepare wok, add oil and heat very hot. Swirl to coat sides of wok.
9. Add grated garlic, ginger and stir fry until fragrant, ½ min. Add pork and prawns mixture and sauté 1min, add light soy sauce, sesame oil, oyster sauce, black pepper and 1 tsp salt. Stir fry a further 2min (Note: The mixture may appear a little dry, however the following procedure will add the necessary liquid.
10. Reduce heat to medium hot and add prepared Chinese cabbage, carrot and bean shoots and stir fry 2-3 min. Add rice vermicelli and additional 1 tsp salt.
11. Continue to stir fry further 2 min and move mixture from centre off wok and note amount of liquid forming. Add prepared cornstarch to thicken and reduce the water. Stir fry and continue this operation until all liquid is removed.

12. Remove to large bowl and allow to cool.
13. Segregate the previously thawed wrappers and spoon mixture into 2off wrappers placed diagonally on each other per spring roll. Roll the spring roll ensuring each end is folded in to contain the mixture and sealing with the following mixture.
14. In a suitable bowl, beat the egg white with a little dry cornstarch and use this mixture to seal each spring roll wrapper. These can be refrigerated for up to 2 days before use.
15. Prepare wok and heat 4 cups oil to moderately hot.
16. Place 4 - 6 spring rolls for deep frying approx 2 minutes per batch until done.
17. Serve with favorite chili sauces of choice.
18. Enjoy
19. Note: Can be frozen up to 2 months in air tight container. Subsequent cooking requires that they are not thawed before deep frying, cook frozen for approx 3-5 min

ACKNOWLEDGEMENTS

Recipe with the compliments of Alex and Lucy Zao. Perth Western Australia