



Palatable

Egg Rolls

Ingredients

- 1 lb. Chinese cabbage (Napa)
- 2 stalks celery
- 1/2 lb. cooked shrimp
- 1/2 lb. cooked pork or chicken livers
- 10 water chestnuts
- 1/3 cup bamboo shoots
- 1 tsp. salt
- 1 tsp. sugar
- Liberal dash pepper
- 1/2 tsp. light soy sauce
- 1/4 tsp. sesame oil
- 1 beaten egg
- 10 egg roll skins
- 3 cups oil

Instructions

1. Boil cabbage and celery until very tender.
2. Drain and squeeze out excess water.
3. Shred very fine and set aside to drain further.
4. Parboil shrimp and fry or bake pork.
5. Mince both.
6. Shred water chestnuts and bamboo shoots.
7. Mix all ingredients but egg together.
8. Beat egg.
9. Wrap filling in egg roll skins and seal with egg.
10. Heat oil in wok or deep fat fryer to 375 degrees and drop in egg rolls.
11. When skin turns light golden brown, remove from oil and drain. (At this point restaurants refrigerate them and finish the cooking process as needed.)
12. When cool, drop again into hot oil and fry until golden brown.

Notes

Tips:

The two-stage deep frying method is actually a professional Chinese chefs' secret.

It assures that the inside will be moist and not overcooked (as anything overcooked becomes dry) and the outside will be crisp.

🔗 Source: