

Fried Spring Rolls Recipe

Ingredients: Serves 4

150g minced topside of beef or chicken
200g carrots, peeled and cut into fine julienne strips
600g sweet turnip or bangkwang, peeled and cut into fine julienne strips
¼ cup water or chicken soup stock
3 + 1 eggs
1 to 1½ teaspoons salt
50 frozen spring roll wrappers, defrosted ½ hour before required
4 cups sunflower oil

Spice mixture:

5 shallots, peeled
4 cloves garlic, peeled
1 thin slice peeled ginger
2 fresh red chilies

Method:

Pound or grind all spice ingredients until fine. Heat a wok for ½ minute and add 4 tablespoons sunflower oil. When hot, stir-fry the spice mixture over medium heat until fragrant (takes about 4 minutes). Add minced meat and stir-fry until color changes. Add carrots, turnip and water. Stir-fry for 4 to 5 minutes over medium high heat. Lower heat and simmer until carrots are cooked but slightly crunchy. Add salt to taste. Push vegetable mixture to the sides of the wok. Break 3 eggs in the center of the wok and scramble them until half-cooked. Stir into the vegetable mixture until fully-cooked. Remove, set aside to cool for a few hours at room temperature, or covered in the fridge. Beat 1 egg in a bowl until fluffy. Separate the defrosted spring roll wrappers. On each roll, put 1 tablespoon of the mixture in the center and roll it up; "seal" each roll with a little beaten egg. Heat the remaining oil in the wok. Slide in the rolls and deep-fry on each side for about 3 minutes until golden brown and crispy. Drain rolls on paper towels or in a sieve. Serve with chili sauce.

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