



Spring Rolls

Ready-to-fill wrappers make the Chinese fried pastry, known as spring roll or egg roll, easy to duplicate at home. Serve them for appetizers or as part of a Chinese meal.

The wrapper skins—similar to won ton skins, but larger—are available in Chinese markets or in the Oriental food sections of supermarket freezer areas. They are usually sold in 1 pound packages with about 2 dozen to a package.

- Ham filling (directions follow)
- Beef filling (directions follow)
- Sweet and sour sauce (directions follow)
- 1 package (1 lb.) spring roll or egg roll skins
- 1 egg, beaten
- Salad oil
- Soy sauce (optional)

Prepare ham or beef filling and cool. Prepare sweet and sour sauce and cool. Loosely wrap spring

roll skins in a damp towel to keep pliable. Mound about 2 rounded tablespoons cooled filling across each spring roll skin (be sure corner points toward you) in a 3½-inch log, about 2 inches above lower corner. Fold this corner over filling to cover, then roll over once to enclose filling. Dot left and right corners of triangle with beaten egg; fold corners over filling, pressing firmly to seal. Moisten remaining corner of skin with egg, then roll, sealing corner. Cover filled rolls with clear plastic wrap until ready to cook. (At this point, you can refrigerate up to 12 hours or wrap airtight and freeze.)

Place wok in ring stand. Pour oil into wok to a depth of about 1½ inches and heat to 370° on a deep-fat-frying thermometer. Fry 4 or 5 rolls at a time, turning as needed, until golden brown (about 4 minutes). Remove with a slotted spoon and drain on paper towels.

Cut rolls into thirds. Serve with sweet and sour sauce or soy sauce, if desired.

(If made ahead, cool thoroughly, wrap airtight, and freeze. To reheat, place frozen rolls in a single layer in a shallow rimmed pan; bake, uncovered, for 25 minutes or until hot.) Makes about 2 dozen.

Ham filling. Prepare the following: 1 clove **garlic** (minced or pressed), ½ teaspoon grated **fresh ginger root**, 1 large **onion** (chopped), 1 cup thinly sliced **celery**; 1 pound **cooked ham** (cut into matchstick-size pieces), 1 can (6 oz.) drained **bamboo shoots** (cut into matchstick-size pieces), and 2 cups finely shredded **cabbage**.

Combine 1 tablespoon **cornstarch**, ½ teaspoon **salt**, 2 teaspoons **soy sauce**, and 1 tablespoon **dry sherry**; set aside.

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...*Spring Rolls (cont'd.)*

Place wok over medium-high heat. When wok is hot, add 2 tablespoons **salad oil**. When oil is hot, add the **garlic**, **ginger**, **onion**, and **celery**. Stir-fry for about 1 minute.

Add **ham**, **bamboo shoots**, and **cabbage**; stir-fry for about 2 minutes. Stir in **soy mixture**, bring to a boil, and cook until thickened (about 30 seconds). Cool.

Beef filling. Prepare the following: 1 large **onion** (chopped), 2 cloves **garlic** (minced or pressed), and 1 pound *each* **zucchini** and **cabbage** (shredded); drain well, squeezing out all excess moisture.

Combine 1 tablespoon *each* **cornstarch** and **soy sauce**, 1½ teaspoons *each* **sugar** and **salt**, and ½ teaspoon **pepper**; set aside.

Place wok over high heat. When wok is hot, add 1 pound **lean ground beef**, stirring to break up meat, and cook until lightly browned. Drain all but 1 tablespoon drippings. Add **onion** and **garlic**; stir-fry for about 1 minute. Add **zucchini** and **cabbage**; stir-fry for about 2 minutes. Stir in **soy mixture**, bring to a boil, and cook until thickened (about 30 seconds). Cool.

Sweet and sour sauce. In a pan, combine 1½ teaspoons **cornstarch**, 3 tablespoons *each* **sugar** and **wine vinegar**, 1 tablespoon *each* **soy sauce** and **tomato-based chile sauce**, dash of **cayenne**, and ½ cup **regular-strength chicken broth**. Cook, stirring, until thickened.

won ton skin flat in your hand (cover remaining won ton skins with a damp towel to keep them pliable). Mound 1 teaspoon filling in corner near palm of hand. Dot that corner with beaten egg. 2. Fold that corner over filling, rolling to tuck point under. 3. Turn won ton 180°; moisten both corners at filling ends with egg. 4. Bring corners together, overlapping slightly. Pinch together firmly to seal. Repeat until all won ton skins are filled.

