



Spring Rolls

Makes 14 good sized rolls

14 Spring roll wrappers
6 Shitake dried mushrooms
2 oz. or 62 grams of bean thread noodles (rice vermicelli noodles)
3 green onions – white, light green and a bit of dark green – chopped
5 garlic cloves – minced
1 heaping TBS of minced fresh ginger
½ of a large carrot – peeled and julienne
1 heaping cup of finely sliced green cabbage
¼ cup (250 ml) of the mushroom soaking liquid
2 TBS soy sauce
1 TBS rice wine vinegar – you can use white if you don't have rice
½ tsp. ground red chili or chili flakes – optional
¼ tsp. sesame oil
1 TBS brown sugar
1 TBS cornstarch or corn flour + 1 tsp. for 'glue'
Frying oil

OPTIONAL - ground or very finely chopped beef, pork or chicken.

Place the mushrooms in a bowl and cover with boiling water. Allow them to soak for 20 minutes. Once they are rehydrated, squeeze out the extra water and chop finely.

Place the rice noodles in another bowl and cover with warm water. Allow them to soak for about 20 minutes. Once they are soft, cut them into smaller pieces with some clean scissors.

Mix the mushroom soaking liquid with the soy sauce, vinegar, and chili if using, sesame oil, brown sugar and cornstarch. Whisk until it is all mixed. Set aside.

Heat 2 tablespoons of oil in a wok or large skillet. Once it is really hot and starts smoking, add the onion, garlic and ginger. Cook stirring constantly for about 2 minutes, and add the carrots, mushrooms, noodles and cabbage. Mix well and add the liquid. Mix and cook for about 4 minutes, stirring constantly. Turn off the heat. Taste the filling and adjust the salt.

Mix the 1 tsp. of cornstarch with water in a small bowl.

Take the spring roll sheets out of the package and cover them with a damp dish rag.

Place one in the shape of a diamond on a board in front of you. Add 1 full tablespoon of filling close to the edge nearest to you. Use your finger to wet the edges of the sheet with the cornstarch water.

Fold the corner closest to you over the filling and push the filling towards you. Roll the pastry. Grab one of the side edges and fold it onto the center. Do the same with the other edge. Finish rolling the pastry sheet. When you are done wet the remaining end with the cornstarch water and glue it to the spring roll.

Heat enough oil in a deep pan to cover 3 to 4 spring rolls. Make sure the oil is hot. Heat it for a good 15 minutes. You need the oil to be very hot.

Add a little piece of bread to the hot oil. If it fried immediately your oil is ready.

Place 3 to 4 rolls into the hot oil and fry until they are nicely browned, separating them once in a while.

Remove the spring rolls from the hot oil and place them on a paper towel lined cookie rack or plate. If you cooked these properly you should have almost no oil on the paper towel.

Allow the oil to reach the proper temperature again before you continue frying the rest of the spring rolls.

Serve the rolls with sweet and sour sauce and soy sauce. Enjoy!

2 rolls - CALORIES 137.90; FAT 8.19 grs (sat 0.74; mono 4.53; poly 2.35); PROTEIN 2.19 grs ; FIBER 1.86 grs; CARBS 14.65 grs; CHOLESTEROL 0.83 mg; IRON 0.53 mg; SODIUM 323.20 mg; CALCIUM 19.94 mg