

How to Make Egg Rolls

by Angie Ouellette-Tower

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2 cups cooked chopped chicken
2 cups shredded carrots (peeled first of course)
8 cups shredded Napa Cabbage
8 cups regular green Cabbage (shredded also)
3 cups (peeled and chopped) Vidalia onions
1 cup chopped celery
1 1/2 tablespoons ginger/garlic paste
ground chili pepper (to taste - I use about 2 teaspoons - spicy is good)(a red chili powder from India is what I use)
Soy sauce (to taste - about 1/2 cup to 3/4 cup)
1 tablespoon teriyaki sauce
2 (plus) tablespoons olive oil
8 cups mung bean sprouts (rinsed and drained)
canola oil for frying
2 packages of egg roll wraps (found in the produce section of most large grocery stores)

Step1: Prepare the ingredients as listed above

Step2: In a large frying pan or a large wok - Saute the onions, celery and ginger/garlic paste in the olive oil for about 5 minutes.

Step3: Add both types of cabbage, the shredded carrots, chili pepper, soy sauce and teriyaki sauce and continue sauteing for another 7 minutes (gently and slowly stirring or flipping all the time).

Step4: Now add the sprouts and cooked chopped chicken for only a couple more minutes (gently stirring again) - everything should be "al dente" cooked by now.

Step5: Allow the egg roll filling to **cool to room temperature**.

Step6: Now it is time to wrap each egg roll: Place 1 wrap on a plate with one point facing towards you and place 1/4 cup to 1/3 cup of egg roll filling on the bottom portion of the wrap.

Step7: Fold up the bottom point of the wrap

Step8: Fold in both the right and left sides and now it should resemble an envelope

Step9: Lightly moisten the remaining open tip of the wrap and gently fold down.

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IMPORTANT: You should try to wrap the egg rolls tightly - However - too tightly will result in ripping and tearing the wrap - a happy medium is the best.

Step10: Deep fry each egg roll for a couple minutes on each side or until desired golden brown color is achieved

NOTE: I used a "deep fryer" - however you may also use a frying pan directly on the stovetop -

ALWAYS BE CAREFUL WHEN FRYING ANYTHING!

ENJOY some fresh out of the fryer and freeze any remaining egg rolls!

NOTE: Allow the egg rolls to completely cool before freezing.

To warm a frozen egg roll: Heat in a 400 degree oven for 35 minutes - flipping each one half way through.