



Spring Rolls (Vegetarian)

by Shuxia Xu

“Spring rolls are popular in China and this is the same in Australia. This dish consists of vegetables, which again is common on a Chinese dinner table.”

INGREDIENTS

20 pieces spring roll wrappers
(can be purchased from
chinese supermarket)

¼ chinese cabbage

5 oyster mushrooms

1 carrot

2 eggs

2 teaspoons salt

1 tablespoon oyster oil

1 teaspoon sesame oil

1 teaspoon five spice powder

METHOD

1. Cut Chinese Cabbage into small pieces, then marinate with salt for around 7 minutes until the water comes out. Squeeze the water out of marinated cabbage piece and put in a deep bowl.
2. Slice carrots in to tiny pieces.
3. Cut mushrooms into small pieces and squeeze water out. Put small amount of oyster oil and mix well.
4. Break two eggs into a bowl and stir until the egg-white and egg-yolk mixed evenly. Fry the egg in a pan and cut the fried eggs into very small pieces.
5. Mixed egg pieces, cabbage pieces, mushroom pieces and carrot pieces with appropriate amount of sesame oil, salt, chicken essence and five spice powder.
6. Place one wrapper on the counter with a point facing toward you, so the wrapper looks diamond-shaped, not square. Place a small amount of filling, about 1/4 cup, about 1/3 of the way up on the wrapper. Roll the wrapper tightly, tucking in the sides, to form a narrow-finished roll about 1/2 to 2/3 inch in diameter. Seal the roll by brushing the triangle end flap with sealer for about the last 1-1/2 to 2 inches. Keep finished rolls under a damp towel or a couple of damp paper towels.
7. Deep fry the finished rolls until turned golden on surface and absorb the extra oil with paper towels.
8. The Chinese spring rolls are ready to serve.

