

MINI EGG ROLLS

Makes 40 to 50.

By Dennis W. Viau; from a girlfriend in college.

This is an almost identical recipe to my regular egg rolls recipe, with a couple of exceptions. I added sesame oil because I discovered the exotic flavor of sesame oil since I originally wrote the recipe in my college days. And these are made with won ton wrappers for little egg rolls that are perfect as finger food at a buffet. I needed to make something for a gathering here in the trailer park; so these were my contribution.



Ingredients:

For the Filling:

6 ounces (127g) finely chopped meat (optional), such as turkey, chicken, pork, ham, shrimp, whatever
2 stalks celery; diced
3 green onions; diced
2 ounces (57g) bean sprouts; diced
2 or 3 sprigs Italian (flat leaf) parsley; leaves only, finely chopped
¼ teaspoon fresh ginger root; minced
2 cloves garlic; minced or crushed with a garlic press
2 tablespoons soy sauce
1 tablespoon fish sauce (extract of anchovy) or 1 anchovy fillet
A few gratings of fresh ground pepper
Any herbs you like (dash of tarragon, marjoram, oregano, etc.)
½ teaspoon sesame oil

For the Egg Rolls:

Won ton wrappers
6 cups vegetable oil for frying

Optional Dipping Sauce:

2 tablespoons soy sauce
1 tablespoon rice vinegar
¼ teaspoon sesame oil
1 teaspoon ground ginger
¼ teaspoon garlic powder
½ teaspoon onion powder
2 tablespoons plum sauce or apricot jam

Directions:

Combine all the filling ingredients in a large bowl and mix well.

Place a teaspoon of filling on a won ton wrapper and roll up, sealing the last corner with a little water. (See the video for the rolling technique.)

Heat oil to 375°F (190°C) in a deep saucepan. Fry egg rolls, about 10 at a time (do not crowd the pan), turning occasionally, about 2 minutes. Use a metal strainer or spider to transfer to paper towels to drain.

Use a whisk to combine the Dipping Sauce ingredients and pour into small individual serving-size bowls.

Serve warm.

The step-by-step photos were removed. See the video for the preparation.

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