

Egg Rolls With A New Twist

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Lancaster Farming Staff
LEESPORT (Berks Co.) —
Ever taste egg rolls with apple pie filling?

This tasty variation from the standard Asian favorite was a big hit at the Berks County Extension recently.

Nipa Hammond, a Thailand native who now operates an egg roll factory in Reading, taught the afternoon workshop.

She admitted that egg rolls with apple pie filling are not made in her country, but something that she devised to suit American tastes. This creative entrepreneur also makes egg rolls with American flavors such as pizza and ham and cheese.

Under Nipa's detailed demonstration, workshop participants learned how to make the perfect egg rolls — and then sample the shrimp, pork, mushroom, and apple egg rolls.

"Why are egg rolls called egg rolls since they do not have egg as an ingredient in them?" asked a participant.

Nipa answered that the original egg roll included an egg filling, but in this country — like everything else — it got messed up.

Because many people are allergic to soy sauce or need to watch their salt intake, Nipa improvises and uses a combination of salt and sugar to replace soy sauce in egg rolls. She also precooks the vegetables a bit, which prevents the egg roll wrapper from splitting.

Americans do like egg rolls, and as Nipa proved, they are eager to taste new varieties.

Following is a recipe for shrimp egg rolls, but the other ingredients can be used. When Nipa puts together an egg roll mixture, she doesn't use exact measurements, but adds ingredients that she enjoys. Here are some of her ideas that can be experimented with.

Pork Egg Roll — cabbage, pork, celery, bean thread noodle, flour, onion, sugar, salt, and egg roll wrapper (ground turkey or chicken can be substituted for the pork). Don't add carrot to this combination.

Mushroom Egg Roll — mushrooms, white American cheese, flour, salt, pepper, and egg roll wrapper. (Wrap cheese around the mushrooms.)

Apple Egg Roll — apples, flour, brown sugar, egg, water, cinnamon powder, and egg roll wrapper. (Can substitute canned apple pie filling.)



During a workshop at the Berks County Extension, Nipa Hammond demonstrates the proper method to wrap an egg roll.

EGG ROLL WRAPPERS

2 cups flour
½ teaspoon salt
¾ cup water
Add salt to flour and sift twice. Mix with ¾ cup water. Knead until smooth. Sprinkle flour generously on a bread board and roll out dough paper thin (about 27-inch square). Cut into 18 9-inch triangles.

Cooking Procedures

Heat oil to 375 degrees and deep-fry the egg rolls one at a time for 3 to 5 minutes, until each is golden brown. Cut each roll into 3 or 4 pieces. Serve hot.

Egg rolls can be made well in advance of serving. Deep-fry for one minute and allow to drain on paper towels. When serving time arrives, deep-fry again until golden brown or place in preheated 400 degree oven reduced to 325 when putting egg rolls in the oven, and bake for 10 minutes.

How To Wrap Egg Rolls:

Place a triangle of dough on board with corner A at the top of board (figure 1). Place ¼ cup of the cooled filling in the center and fold corners B and C toward the center until they overlap (figure 2).

Roll up and continue to roll until it reaches corner A. With a little cold water, seal corner A securely to the roll (figure 3).

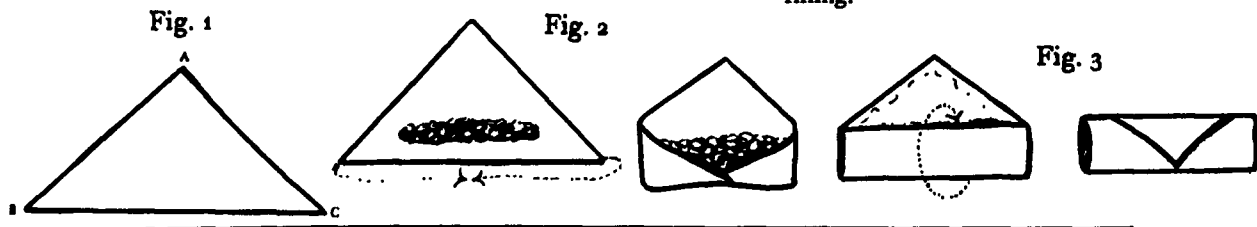
SHRIMP EGG ROLLS

½ pound uncooked shrimp
½ pound fresh bean sprouts (or 1 can)
4 cups finely chopped celery
½ cup sliced button mushrooms
2 teaspoons salt
½ teaspoon sugar
½ teaspoon monosodium glutamate
1 teaspoon sherry
½ teaspoon cornstarch
3 tablespoons peanut or corn oil
Oil for deep frying
Shell, devein, rinse, and drain shrimp. Cut into ½ -inch pieces. Mix in bowl with sherry, ½ teaspoon salt, monosodium glutamate, and cornstarch.

If canned bean sprouts are used, drain sprouts and rinse in cold water 2 or 3 times. If fresh bean sprouts are used, wash and drain. Cut the mushroom slices into smaller pieces.

Heat 1 tablespoon oil in frying pan over high heat and add shrimp. Stir and cook over high flame until all shrimp turns pink. Place in dish and set aside. In a clean frying pan, heat 2 tablespoons oil and add celery. Stir rapidly over high flame for about 2 minutes. Add 1½ teaspoons salt, ½ teaspoon sugar, and ¼ teaspoon monosodium glutamate and mix well. Cook for 5 minutes over medium flame. Add mushrooms and mix thoroughly. Add mushroom juice. Add bean sprouts and mix a few times.

Add the cooked shrimp and after stirring a few times, turn into a colander and let all juice drain off. Cool thoroughly before using as filling.



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