

Maine Arts Camp

RECIPE TEMPLATE

Recipe Name: Egg Rolls

Chef: Charles Limoggio C.E.C.

Preparation Time:

Servings: 10

Yield: 20 egg rolls

Quantity	Unit	Ingredient Name	Prep Notes
1	ounce	Vegetable oil	
1	pound	Ground pork	
4	ounces	mushrooms	washed, trimmed and thinly sliced
1	pound	cabbage	chiffonade
1	pound	celery	Washed, medium dice
1	cup	Soy sauce	
1	ounce	sugar	
1	pound	Bean sprouts	Washed & drained well
20	each	Egg roll wrappers	
2	each	eggs	beaten
1	quart	Peanut oil	
		Chinese mustard	
		Sweet & sour sauce	

Procedure:

1. Heat vegetable oil over high heat, add pork and stir fry for 2 minutes
2. Add mushrooms, cabbage, celery, soy sauce, and sugar and stir fry an additional minute. Drain well and transfer contents of pan to a bowl.
3. Add bean sprouts to mixture and chill or refrigerate at 41°F or below
4. For each egg roll, shape about 2 ounces of filling into a 4"X1" cylinder. Place the filling across the center of the egg roll wrapper diagonally from corner to corner. Lift the lower triangle over the filling and tuck the point underneath the far side. Bring each of the 2 small end flaps, one at a time, up to the top of the enclosed filling and press the points down firmly. Brush the upper and exposed triangle of dough with the beaten eggs. Roll the egg roll into a neat package. The beaten egg will act as glue and keep the wrapper intact.
5. Place the filled egg rolls on a plate and cover with a dry kitchen towel.
6. To fry, heat the peanut oil in a wok or straight sided sauté pan to about 375°F and deep fry the egg rolls until golden brown and crisp. About 3-4 minutes. Place on absorbent paper to drain
7. Serve on a pre-heated plate with mustard or sweet & sour sauce on the side