

Vegetable Spring Rolls

Makes 40 to 50

1 tablespoon vegetable oil for stir-frying
2 cloves garlic, minced
2 teaspoons finely grated fresh ginger
1 green onion, minced
8 fresh shiitake mushroom caps, very thinly julienned
3 cups finely shredded Napa cabbage (or regular cabbage)
½ cup julienned carrots (about 2 medium)
4 ounces canned bamboo shoots, drained and julienned
1 cup fresh bean sprouts, chopped
1 tablespoon soy sauce
1 teaspoon Asian sesame oil
1 tablespoon cornstarch
¼ cup cold water
50 spring roll or eggroll wrappers (7 inches square), thawed if frozen
Vegetable oil for deep-frying (about 3 cups)



In a large sauté pan or wok, swirl in 1 tablespoon of the cooking oil. Turn heat to medium-high and immediately add garlic, ginger and green onion, stirring frequently. By the time the oil is hot, add mushrooms, cabbage, carrots and bamboo shoots.

Turn heat to high and stir-fry vegetables for about 2 minutes, then toss in the bean sprouts. Add soy sauce and sesame oil. Cook another minute. Then spread the filling out onto a large baking sheet to cool. (Hot filling will yield soggy egg rolls.) Prop the baking sheet up on one side to allow any juices to accumulate at the bottom; discard the juices.

In a small bowl, whisk together cornstarch and water to form a slurry.

Place a wrapper on a flat surface, on the diagonal, and place 1 heaping tablespoon of the vegetable mixture onto a corner of the wrapper, and then roll edge of wrapper tightly around mixture. Fold the two side corners toward the middle while continuing to roll up. Paint the top edges with the cornstarch slurry and wrap roll tightly the rest of the way. Make sure all edges are tightly sealed. Place seam side down on a baking sheet and cover with plastic wrap to avoid drying out.

To a large wok or medium saucepan set over high heat, or in an electric skillet or pot, add 1 to 2 inches of cooking oil. (If using electric skillet, heat to 375 degrees.) When oil is hot (when you see bubbles when you insert a wooden chopstick or end of a wooden spoon), slide several egg rolls into oil and allow them to cook 2 to 3 minutes, turning them over a couple of times, or until wrappers are golden brown. Remove egg rolls to a cooling rack or paper-towel-covered plate to drain. Serve hot with sweet-sour sauce or soy dipping sauce, if desired.

Note: Formed rolls can be frozen. Cook as many or as few as you wish and freeze the rest. Spread them out in a single layer on a baking sheet and freeze them first, then place them in a freezer bag. To cook, just pop the frozen rolls in hot oil, no need to thaw first. (They may take a bit longer to cook.)

Source: steamykitchen.com (includes a helpful [video](#))