

Lumpia (Filipino style egg rolls)



Carolyn T's
Cookbook

Servings: 12

Notes: I spent about a month in the Philippines in 1965, and lumpia was a favorite dish amongst the military officer's clubs there. To me the sauce is what "makes" it special. I devised the sauce recipe myself, guessing from what I tasted there. Recipes for lumpia abound, but I combined what I thought were the best ingredients into mine.

Preparation Time: 1 hour

Start to Finish Time: 1 hour

1. In a medium-sized skillet, cook pork, onion and garlic in a little butter or oil for about 5 minutes. Add shrimp and bean sprouts and cook just a few minutes more. Set aside to cool for 10-15 minutes.

2. Place about a tablespoon of meat mixture in center of a wonton skin, fold in sides about 1/2 inch and roll up into a shape similar to a Tootsie Roll. Moisten last edge with water to seal and set aside while assembling others. Don't let egg rolls touch each other or they'll stick.

3. Deep fry lumpia for about 3-4 minutes until golden brown. Drain on paper towels and allow to cool for about 5 minutes before serving as they're too hot to eat. Serve with special dipping sauce.

4. **DIPPING SAUCE:** Bring water, juice and ketchup to a boil; add sugar, stirring until dissolved. Add 1/3 cup of vinegar and cook 1 minute longer. Blend cornstarch into remaining vinegar and add to mixture. Do not boil, but heat until thickened and clear. Makes about 1-1/2 cups of sauce. If you don't have maraschino cherry juice, you may substitute pineapple juice, but add some red food coloring to it.

60 pieces wonton wrappers

1 pound ground pork

1 cup cooked chicken, or turkey

1 large garlic clove, minced

1 cup shrimp, NOT canned

1 cup bean sprouts

1/4 cup soy sauce

1/2 cup onion, minced

1/4 cup water

3 tablespoons maraschino cherry juice

1 1/2 tablespoons ketchup

1/2 cup sugar

1/2 cup vinegar

1 tablespoon cornstarch

Categories: Appetizers, Fish

Carolyn T's Blog:

<http://tastingspoons.blogspot.com>

Per Serving (excluding unknown items): 202 Calories; 9g Fat (40.3% calories from fat); 15g Protein; 15g Carbohydrate; trace Dietary Fiber; 68mg Cholesterol; 454mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 1 Fat; 1/2 Other Carbohydrates.