

Spring Rolls

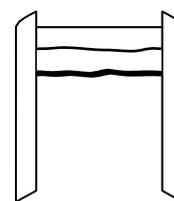
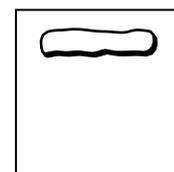


Ingredients:

250g Finely Chopped or Shredded Vegetables: e.g. Onion, Beansprouts, Carrots, Chinese Cabbage or Mushrooms
100g Meat (e.g. Chicken / Pork / Prawns)
6 Sheets of Filo Pastry
2 Teaspoons Soy Sauce
1 Tablespoon Vegetable Oil for Frying Vegetables: School will Provide
1 Teaspoon Chinese Five Spice (Optional): School will Provide
Egg Glaze for Brushing Filo Pastry: School will Provide

Method:

1. Pre-heat the oven to 200°C or Gas Mark 6.
2. Weigh and measure out all ingredients accurately.
3. Cut, dice or grate vegetables into small / fine pieces.
4. Place 2 or 3 sheets of blue paper towel onto a white plastic tray.
5. Place a large saucepan at the front of the hob, DO NOT turn it on.
6. Place 1 tablespoon of vegetable oil and the soy sauce into the large saucepan.
7. Add meat / prawns and vegetables and fry on a medium heat, stirring continually for approximately 8 – 10 minutes.
8. Take mixture off the heat, transfer to the white plastic tray lined with blue paper towel. Allow to cool.
9. Carefully unfold and separate out the sheets of filo pastry and cut the sheets in half.
10. When the meat and vegetables have cooled, spoon 2 tablespoons of filling onto the filo pastry in a rectangular shape.
11. Fold pastry over at each end.
12. Roll pastry over to form a sausage shape, making sure edges are neatly tucked in.
13. Place the spring rolls on a baking tray making sure the seal is at the bottom.
14. Brush with egg glaze.
15. Bake in the oven for 15 to 20 minutes until the filo pastry is golden and crispy.
16. Once cooked transfer the spring rolls onto a cooling rack using a fish slice.
17. Allow to cool.



Special Points:

- Filo pastry is very delicate and will tear easily: Handle with care!
- Do not overfill the spring rolls with too much filling.
- Allow filling to cool before putting it into the filo pastry.