

# Homemade Spring Roll

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## ● Ingredients (about 15 rolls)

### [Filling]

½ lb. Ground Chicken

½ American Eggplant

¼ Green Cabbage

4 oz. Baby Bella Mushroom (any kind is okay)

4 Tbsp. Soy Sauce

2 Tbsp. Cooking Sake

1 Tbsp. Rice Vinegar

1 Tbsp. Mirin (sweet cooking rice wine)

¼ tsp. Salt

### [Wrapper]

1 ½ cups plus 1 separate tsp. Flour

4 ½ cups plus 3 separate tsp. Water

1 tsp. Sesame Oil



## ● Filling



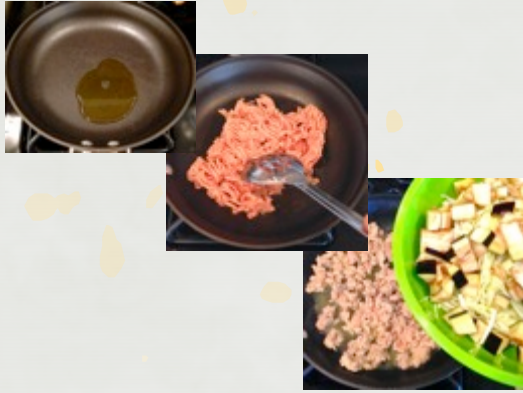
Cut a half of washed American eggplant into small pieces.



Cut off the core of  $\frac{1}{4}$  of washed green cabbage and slice it very thin.

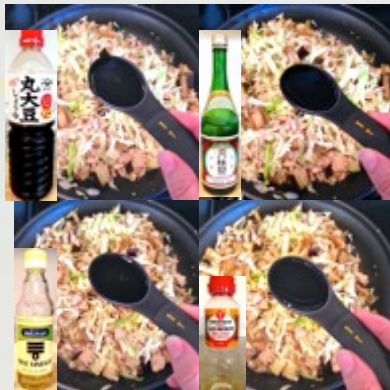


Chop 4 oz. of washed Baby Bella mushrooms finely.



Heat 2 Tbsp. of vegetable oil in a skillet and cook  $\frac{1}{2}$  lb. of ground chicken over medium heat.

When the chicken turns brown in color, add the cut eggplant, the sliced cabbage and the chopped mushrooms to the skillet. Cook for 6 minutes over medium heat.



After the 6 minutes, season with  
4 Tbsp. of soy sauce  
2 Tbsp. of cooking Sake  
1 Tbsp. of rice vinegar  
1 Tbsp. of Mirin and  $\frac{1}{4}$  tsp. of salt.



Stir and cook for 8 minutes over medium heat until the vegetables are tender.



## ● Wrapper



In a bowl, combine 1 ½ cups of flour, 4 ½ cups of water and 1 tsp. of sesame oil. Whisk well.

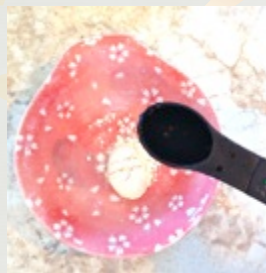


Grease a skillet with nonstick cooking spray. Scoop the flour mixture into the skillet. Make a very thin wrapper.



Cook slowly over low heat for about 10 minutes. Cook just one side so don't flip.

*Be careful when you transfer the wrap to a plate. It is easy to rip.*



As a glue for sealing the wrap, combine 1 tsp. of flour and 2 tsp. of water in a small bowl and mix well.

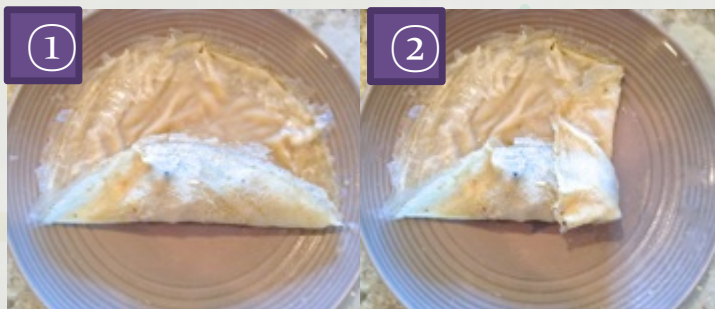


## ● Wrap



Brush all around the edge of the wrapper with the flour mixture.

Place 1 Tbsp. (depends on the wrapper's size) of the filling near the center, but towards the bottom of the wrapper.



① Fold the wrapper away from yourself.

② Fold the right side of the wrapper to the center.

③ Roll away from yourself.

④ Fold the left side of the wrapper to the center. ⑤ Roll up from yourself.



## ● Fry



*Drop a small solid bit of the flour mixture into the oil to check that the oil is hot enough. If the mixture floats with bubbles, the oil is ready.*

Pour 3 inches of vegetable oil into a skillet and heat the oil over medium heat.

Fry the spring roll for 6 minutes (Flip halfway) over medium-low heat until it turns a nice golden brown. Drain and serve.

*To be safe, you have to choose a deep pan which has at least 2 times the height of the amount of oil used.*

