

Vegetarian Spring Rolls

ベジタリアン春巻き

● Ingredients (20 spring rolls)

20 Spring Roll Wraps

1 pack Tofu

4 Mushrooms

3 Cabbage Leaves

1 Carrot

1 tsp. Grated Ginger

1 tsp. Salt

1 tsp. Soy Sauce

1 Tbsp. Cooking Sake

1 Egg

1 Tbsp. Flour plus 1 Tbsp. Water for slurry

Vegetable Oil for frying

● Drain Tofu



Wrap a pack of tofu with paper towels twice and place on a microwavable plate. Microwave for 3 minutes.

After microwaving, remove the paper towels. Please be careful it is very hot. Wrap the tofu with new paper towels again and let it sit for 15 minutes.

● Prepare Vegetables



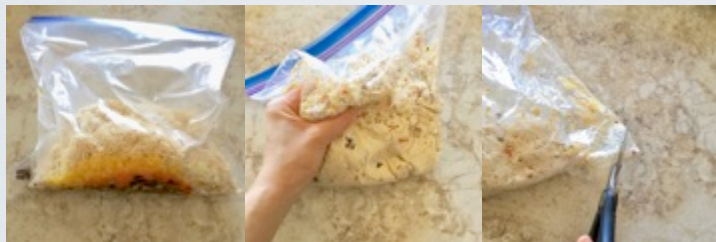
Meanwhile, mince 3 cabbage leaves, a peeled carrot and 4 washed mushrooms.

Process the drained tofu in food processor until smooth.

● Filling



In a big plastic zipper bag, combine the minced vegetables, the crumbled tofu, 1 tsp. of grated ginger, 1 tsp. of salt, 1 tsp. of soy sauce, 1 egg and 1 Tbsp. of cooking sake.



Seal and mix well. Cut off one corner tip of the bag.

● Wrap



Before you start wrapping, prepare a slurry to seal the wrap seams. A slurry is a mixture of 1 Tbsp. of flour and 1 Tbsp. of water. In this recipe, I used egg roll wraps.



Put 1 wrapper on a work surface with a point facing you. Slightly towards the bottom center, squeeze the filling out from the plastic bag in about 1 heaping Tbsp. Fold the bottom of the wrapper over the filling. Fold the right side of the wrapper to the center. Roll away from yourself. Fold the left side of the wrapper to the center. Brush the top edge of the wrapper with the slurry. Roll up tightly.



Put finished rolls, seam-side down, on a plate until ready to fry. Repeat with the remaining wrappers and filling. (To store, put these in a zipper plastic bag and keep in the freezer.)

● Fry

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



Pour about 2 inches of vegetable oil into a skillet and heat the oil over medium heat.

Drop a small amount of slurry into the oil to check that the oil is hot enough. When the slurry floats with bubbles, the oil is ready.



Fry the spring rolls in batches, 4 or 5 at a time, until lightly golden, over low heat for about 8 minutes. Flip halfway. Remove to a metal rack and let it sit for a few minutes.

