JENNI MARIE'S TEST KITCHEN

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Egg Rolls

Makes 16-18 Egg Rolls

Equipment Needed:

- **Small Mixing Bowl**
- **Kitchen Scale**
- **Whisk**
- **Large Mixing Bowl**
- **Wok Style Pan**
- **Rubber Spatula or Wooden Spoon**
- **Cutting Board and Sharp Knife**
- **Tablespoon or Small Ice Cream Scoop**
- **Skillet for Frying**
- **Tongs**
- **Candy Thermometer**

Directions:

1). Gather all ingredients & equipment. In a small mixing bowl, combine sauce ingredients below and use a whisk to fully incorporate. Set aside.

- ***1 t. (5g.) Minced Ginger***
- ***1 t. (2 g.) Sesame Oil***
- ***2 t. (10g.) Oyster Sauce***
- ***1 T. (21g.) Honey***
- ***3 T. (45g.) Soy Sauce***
- ***1/4 C. (56g.) Room Temp Water***
- ***2 t. (4g.) Low FODMAP Garlic Replacer (sub w/ 1/2 t. garlic powder if not cooking Low FODMAP)***
- ***2-3 T. (5g.) Chopped Chives (or Fine Diced Onion if not cooking Low FODMAP)***

2). FILLING - Wash and fine chop mushrooms. I like to also give my cabbage mix a nice chop if the pieces are large. Heat Wok on high heat. Once the pan is hot, add 2 T. garlic oil (or light olive oil), ground pork, and diced mushrooms. Sauté for 5-7 minutes, stirring frequently. Drain off excess liquid with a spoon. Season with a pinch of salt & pepper and add half of the cabbage mixture. Let cabbage cook down for a few minutes and then add the remaining cabbage to pan. Reduce heat to medium and give the sauce mixture one last whisk before adding it to the pan. Continue to cook everything for few more minutes until most of the liquid has evaporated. Remove from heat and let cool for 15-20 minutes while you prep your workspace. It's almost time to wrap!

- ***12-14 oz. Ground Pork (sub with ground beef, chicken, turkey, tofu, or vegetables of choice)***
- ***8 oz. Fine Chopped Mushrooms (sub with tofu or vegetables of choice)***
- ***2 T. Low FODMAP Garlic Oil (or light olive oil)***
- ***1/2 t. Kosher Salt***
- ***1/2 t. Black Pepper***
- ***16-20 oz. Coleslaw Mix (or fine chopped cabbage and shredded carrots)***

3). WRAPPING - Once pork mixture has cooled, drain off any excess liquid. Gently pull apart egg roll wrappers for ease of grabbing them during rolling process. Depending on the thickness of your egg roll wrappers, you may need to double wrap (I usually do). Give your mixture one more big stir. Turn on the kitchen scale and make sure it's zeroed out. Place bowl of egg roll mixture on top of scale. Next to scale, lay out 1 egg roll wrapper in a diamond shape. Scoop 2 oz. of the mixture from your bowl into the center of your wrapper. Fold in the sides and then gently roll it up, shaping it into a log while doing so. Place another wrapper in a diamond shape on the counter, place egg roll in center, and roll up again using the same method. You may need to brush a little water on the edges to seal it. Repeat this process until you have 12 egg rolls. Put egg rolls on a baking sheet.

- ***36 Egg Roll Wrappers***
- ***Small dish of water***

4). FRYING - Place a medium frying pan on a burner over medium heat, Attach a candy thermometer to the side of your pan, and add fry oil to about 1" depth. Heat oil to between 350*F. Once oil is up to temp, gently drop in 4 egg rolls at a time. It doesn't take long for them to brown up on one side (about 1 minute). Once golden brown, gently flip each one, and cook for another couple of minutes until golden brown on the other side. Remove them from pan to a paper towel lined plate. Repeat until all egg rolls are fried. Serve with duck sauce, sweet & sour, or dipping sauce of choice. Enjoy!

- ***2 C. Vegetable, Peanut, or Canola Oil for Frying***
- ***Sauce of Choice for Dipping***

We have a small family, so we only eat 4 egg rolls per meal, and then freeze the rest (after frying them). I freeze them on a baking sheet and then portion and vacuum seal them once frozen. When we're ready to eat them, I place them in the air fryer at 350*F for about 10-15 minutes or until warm in the middle & crispy on the outside. They taste {almost} just like fresh-made.