

Make your own spring rolls



You need the following to make your own spring rolls:

- Spring roll pastry (you can buy them frozen from any local Chinese supermarket)
- Corn flour
- Ginger powder
- Cooking oil
- Seasonings
- Filling (make your own, see below two vegetarian fillings for today's event, but you can have other vegetables of your choice, and add chopped up prawns, shredded chicken or shredded meat if you wish)

Filling A (to make 40 rolls)

2 spring onions, 2 bag of bean sprouts, 1 thin sliced leek, 2 shredded carrots, ginger powder

Filling B (to make 40 rolls)

2 chopped spring onions, 1 big shredded white cabbage, 3 shredded carrots, a handful of chopped wood ear mushroom (buy dried, soak overnight and chop into thin pieces)

Steps to cook Filling A

- heat up one tablespoonful of cooking oil in a wok
- put in chopped spring onions and a bit of ginger powder first, stir-fry for a few seconds
- then add bean sprout, stir for 2 minutes or so and add salt
- take it out of the wok and leave in another container whilst you cook the other two vegetables;
- wash clean the wok and heat up a tablespoonful of cooking oil

- put in sliced leek with ginger powder, stir for 2 minutes
- add carrots and a bit of salt
- now put the cooked bean sprouts etc back into the wok and mix with the rest
- put 1 table spoonful of corn flour in a bowl with 2 table spoonfuls of cold water, mix well and pour into the wok, stir everything for another minute
- take it out of the wok for it to cool down before you make spring rolls

(Cooking Filling B is similar, stir-fry spring onion first and add the rest, finish by adding cornflour mix)

You can watch a YouTube video on how to roll up spring rolls, for example [watch this one on making vegetarian spring rolls](#).

If you make lots of them, you can freeze them and cook from frozen.

Ways to cook spring rolls:

- Deep fry them in a wok, each side for about 2 minutes (again see the above YouTube video from 4:35); it will take a bit longer if you cook from frozen
- Use Air Fryer, brush oil around the rolls, about 8 minutes (200 degrees)
- Heat up in a pan with minimum oil on low heat