

Chicken and Vegetable Egg Rolls

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Ingredients

Yield: 8 to 10 Egg Rolls

- 2 to 3 Tablespoon Vegetable Oil
- 1 Tablespoon Sesame Oil
- 1 Pound Ground Chicken or Pork
- 1 to 2 Cloves Garlic, finely minced
- 1 Teaspoon Fresh Grated Ginger or ½ Teaspoon Ground Ginger
- To Taste Soy Sauce
- To Taste Salt and Pepper OR Grand Diamond All Purpose Seasoning
- 4 to 5 Shitake Mushrooms, thinly sliced
- 1/3 Cup Shredded Carrots
- ½ Cup Beans Sprouts, washed well
- 4 Cups Shredded Napa Cabbage
- 1 to 2 Tablespoons Slurry
- 8 to 10 Egg Roll Wrappers
- Vegetable Oil or Peanut Oil for Frying
- Dipping Sauce, your choice

Directions

Make the slurry by combining and mixing 2 tablespoons of all purpose and 2 tablespoons water. Set aside.

Preheat a large skillet over medium-high heat with the 2 to 3 tablespoons of vegetable oil the sesame oil. Brown the chicken for about 5 minutes and then add the garlic, ginger, soy sauce and seasoning to taste. Add the mushrooms. Cook for about 8 to 10 minutes. (**Note:** If the skillet seems a little dry add 1 or 2 tablespoons of vegetable oil.) Add the carrots, bean sprouts, cabbage and 1 to 2 tablespoons of the slurry. Sauté just until the cabbage is wilted, about 3 to 5 minutes or until the vegetables reach the desired texture. Taste once more for seasoning and adjust to your taste.

Pour the chicken mixture on a plate to cool. Once the mixture is cool, make the egg rolls. Place one egg roll wrapper diagonally in front of you. Slightly wet your fingers and place a thin layer of water on all four sides of the wrapper. Put ¼ cup of filling on the lower third of the egg roll wrapper that is closest to you. Roll the wrapper to cover the filling, close both ends and roll until the wrapper is completely closed. Make sure the egg roll is secure at the seam. Repeat until all of the mixture is done.

Preheat a large skillet, or fryer, with oil. Fry the egg rolls until golden brown and place on a rack to drain. Serve immediately.

