

# Egg Rolls

serves 6-8

These are popular with every age group. Make extra to have on hand for lunch. They heat up quickly in a toaster oven or oven and make a satisfying snack.

**2 T. canola or other light oil**  
**1 cup onion, 1/2" dice**  
**1/2 cup carrot, 1/4" dice**  
**1 c. minced white mushroom**  
**2 cloves garlic, minced**  
**2 c. finely shredded cabbage**

**2 tsp. fresh ginger**  
**1/4 tsp. salt**  
**1 tsp. tamari**  
**1 package egg roll wrappers**  
**1 T. cornstarch (non GMO)**  
**light oil for frying**

Heat a large frying pan on medium high heat. Add the oil, then add the onion and stir well. Saute' until the onion is soft and translucent, about 10 minutes. Add the carrot mushroom and garlic. I mince the mushroom in a food processor fitted with the steel blade; you can also do this with a knife. Saute' for an additional 5 minutes. Then add the cabbage, ginger, salt, and tamari. Continue cooking until the cabbage and carrots are just barely soft. Remove from the heat, scrape into a bowl, and set aside.

Mix the cornstarch with just enough cool water to make a thin paste. Place one egg roll wrapper on the counter so it makes a diamond, with a point facing you. Place 1/2 cup filling in the middle of the wrapper. Take the point facing you, bring it up to meet the opposite point, then slide it down to snug the filling in. With your right hand, take the point to the right and fold it towards the left, repeat with the other side, then roll the wrapper away from you. Seal the edge with a dab of the cornstarch liquid. Repeat until all the filling/wrappers are used up.

Heat 1/4" deep oil in a skillet, preferably cast iron, on medium high heat. I use organic canola or grapeseed, but any lightly flavored oil that can withstand high heat is fine. Drop one drop of water in to the oil, if it sizzles briskly it is ready. If it spits furiously, turn the heat down just a tad. Place egg rolls in a clockwise pattern around the edge of the pan, and put one or two in the center. Don't crowd the pan; leave plenty of room around each egg roll. Don't turn until the bottom is golden brown. Then turn and brown the other sides. Rotate until each roll is golden all around. Drain on paper towels or brown paper. Repeat until all the egg rolls are done. Serve immediately.

**To make spicy Chinese mustard:** mix a couple tablespoons of dry yellow mustard powder with 1/4 tsp. cider vinegar, 1/4 tsp. sugar, and just enough water to make a paste.