

Fresh Lumpia

Chef Andy Pforzheimer

Servings: 30 rolls



Lumpia is a traditional Filipino appetizer, not unlike egg rolls.

Ingredients

----FILLING----

- 3 cups shredded cabbage
- 2 cups green beans, julienne
- 2 cups carrots, julienne
- 3 cups rutabagas, julienne
- 1 cup yams, julienne
- ½ cup garbanzo beans
- ¼ cup cilantro
- 1 cup shrimp, shelled and deveined
- 1 cup chicken breast, cut in small strips
- 4 pieces tofu, firm, julienne
- 2 cloves garlic
- 1 small sliced onion
- salt, to taste
- fish sauce, to taste
- ¼ cup cooking oil

----Lumpia Sauce----

- 1 cup water
- 1 cup brown sugar
- 1½ tablespoons corn starch
- 3 tablespoons minced garlic

Cooking Method

----For The Filling:----

1. Sauté garlic in oil until light brown.
2. Add chicken and onion.
3. Season with fish sauce.
4. Remove from pan.
5. Repeat the process with the shrimp, but stir frying quickly and remove from pan immediately.
6. Return the chicken-onion mixture to the pan, add in sequences, green bean, garbanzos, carrot, rutabagas, yam, cabbage, bean curd.
7. Add a little stock and allow to simmer until the desired tenderness.
8. Season with salt, fish sauce to your taste.
9. Add the Cilantro last, just before removing from the pan.

----To Assemble the Lumpia, You Will Need----

1. Lumpia wrapper - commercially available
2. Romaine or green or red or butter lettuce

----Lumpia Sauce----

1. Bring the water to a boil.
2. Add the sugar to the boiling water and stir until dissolved.
3. Remove ¼ cup of the syrup, add the cornstarch, blend into a slurry and return to the pot.
4. Remove from heat when thickened.
5. Mix in garlic.