

FRIED LUMPIA

Ingredients:

2 cups cabbage, minced
1 cup carrots, julienne
½ onion, julienne
½ cup diced chicken, port or ground beef
1 teaspoon salt
1 teaspoon garlic powder
½ teaspoon black pepper
4 lumpia wrappers
Oil for frying

Procedure:

1. First, separate lumpia wrappers carefully. When separated, store under a moist towel.
2. Using a hot skillet, add a little oil, then add the meat and stir-fry for two minutes.
3. Add the carrots, cabbage and onions and sauté two minutes more.
4. Add the salt, garlic powder, and black pepper. Removed from heat and let cool slightly.
5. Work on a flat surface and have a small bowl of water or egg wash nearby. Add about 3 tablespoons of the mixture and place on the bottom. Fold the sides in and roll upward, using the water or egg wash to seal. Repeat until finished with all the filling.
6. Preheat oil to about 350 degrees, or until the oil on the top starts to shimmer. Drop lumpia in the oil carefully, making sure to drop the lumpia away from you. Fry, turning frequently, until a nice golden brown texture appears. Drain on a metal colander or brown paper bag.
7. Serve with your dipping sauce of choice.

FRESH LUMPIA

Ingredients:

2 ounces rice noodles
8 rice wrappers (ask for fresh lumpia wrappers)
8 large cooked shrimp , peeled, deveined, and cut in half
2 tablespoons chopped fresh Thai basil
2 tablespoons chopped mint
3 tablespoons chopped fresh cilantro
1 cucumber, chopped

Dipping Sauce:

4 teaspoons fish sauce
¼ cup water
2 tablespoons brown sugar
3 tablespoons hoisin sauce
3 tablespoons ground fresh peanuts

Procedure:

1. Bring a medium saucepan of water to boil. Boil rice noodles 3 to 5 minutes, or until al dente. Drain.
2. Fill a large bowl with warm water. Dip one wrapper into the water for 1 second to soften. Lay wrapper flat. In a row across the center, place 2 shrimp halves, a handful of noodles, basil, mint, cilantro and cucumber, leaving about 2 inches uncovered on each side.
3. Fold uncovered sides inward then roll the wrapper. Do not roll too tightly or it may tear. Repeat with remaining ingredients.
4. In a small bowl, mix the dipping sauce ingredients. Serve.

Mamalynn Phung, owner of Song Huong Restaurant in Anigua makes her Vietnamese-style fried lumpia with beef, onions, mushrooms, carrots and glass noodles, wraps it up and fries it to a deep golden brown. Each lumpia is served with leaves of crisp romaine lettuce, a small pile of rice noodles, bean sprouts, sprigs of mint or sweet basil and dipping sauce.

For Thai-style lumpia, consider adding a peanut dipping sauce (made with peanut butter and hot water) for fresh lumpia and plum sauce or sweet chili garlic dipping sauce for fried lumpia.

