### Egg Rolls

### Ingredients

* 1 chunk ground pork/turkey
* 2 mL ground ginger
* 2 mL garlic powder
* 2 mL sesame oil
* 10 mL soya sauce
* oil for frying
* 15 mL all-purpose flour
* 15 mL water
* 250 mL shredded cabbage
* 1/2 shredded carrot
* 8 (7 inch square) egg roll wrappers
* Or 4 big ones

**Directions**

1. Season pork with ginger, garlic powder, sesame oil and soya sauce. Mix thoroughly. Heat mixture in a medium skillet, stirring, until pork is cooked through and no longer pink. Set aside.
2. Combine flour and water in a bowl until they form a paste.
3. In a separate bowl combine the cabbage, carrots and reserved pork mixture. Mix all together.
4. Assemble egg rolls as shown, using flour paste as glue.
5. Place egg rolls into heated oil and fry, turning occasionally, until golden brown. Remove from oil and drain on paper towels or rack.

**Sweet Dipping Sauce for Egg Rolls**

60 mL sugar

30 mL vinegar

30 mL water

1 clove garlic – minced

½ mL red pepper flakes

Dash salt

1. In a small saucepan, bring sugar, vinegar, water, garlic, chilies, and salt to a boil.

2. Reduce heat and simmer until reduced. (about 5 to 10 minutes)

**RULES FOR DEEP FRYING:**

**Sweet and Sour Sauce**

**Ingredients:**

* 40 mL rice vinegar (Note: rice vinegar gives better results)
* 30 mL brown sugar
* 10 mL ketchup
* 5 mL soy sauce
* 5 mL cornstarch mixed with 10 mL water

Mix the vinegar, brown sugar, ketchup, and soy sauce together and bring to a boil in a small pot. Mix together the cornstarch and water, add to the other ingredients and stir to thicken