



## Fabulous Filipino "Lumpia" Egg Roll Bundles

By Dylan Sabuco

**Prep Time** 15 / **Cook Time** 10 / **Serves** 4 - 6

### Fun-Da-Mentals Kitchen Skills

**chop:** to cut something into small, rough pieces using a blade.

**fry:** to cook in a pan in a small amount of fat.

**grate:** to reduce food, like a carrot, to very small shreds or pieces of the same size by rubbing it on a tool with an outside surface that has holes with cutting edges (a grater).

**roll:** to use a rolling pin to flatten dough; use your hands to form a roll or ball shape; or move a round food, like a grape or a meatball, through another food, like sugar or breadcrumbs, to coat it.

**sauté:** to cook or brown food in a pan containing a small quantity of butter, oil, or other fat.

### Equipment

- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Medium sauté pan
- ☐ Skillet
- ☐ Measuring cups
- ☐ Measuring spoons
- ☐ Wooden spoon

### Ingredients

Fabulous Filipino "Lumpia" Egg Roll Bundles

- ☐ 2 green onions

- ☐ 2 C button mushrooms
- ☐ 2 C bagged shredded green cabbage
- ☐ 1 C vegetable oil, divided \*\*
- ☐ 1 tsp grated ginger root
- ☐ 2 carrots
- ☐ 1 tsp soy sauce \*(for GLUTEN ALLERGY sub liquid aminos; for GLUTEN/SOY ALLERGY sub coconut aminos)\*\*
- ☐ 1 pinch salt
- ☐ 1 pinch ground black pepper
- ☐ water for rolling the lumpia
- ☐ 12 or more egg roll wrappers \*(for GLUTEN ALLERGY sub rice paper wrappers)\*\*

## Food Allergen Substitutions

### Fabulous Filipino "Lumpia" Egg Roll Bundles

**Gluten/Wheat:** Substitute rice paper wrappers for egg roll wrappers. Substitute liquid aminos or coconut aminos for soy sauce.

**Soy:** Substitute canola oil or other nut-free high-smoking point oil for vegetable oil. Substitute coconut aminos for soy sauce.

## Instructions

### Fabulous Filipino "Lumpia" Egg Roll Bundles

#### intro

Lumpia is a Filipino version of the egg roll. Traditionally, these crunchy snacks are filled with pork or shrimp and lots of yummy seasoning and vegetables. These lumpia will be stuffed with a savory mixture of mushroom and cabbage. Let's get rolling!

#### chop + grate

Roughly chop **2 green onions** and **2 cups mushrooms** and measure **2 cups shredded cabbage**. Place them into a medium sauté pan over medium heat. Stir the vegetables around the pan for 2 minutes. Measure and add **1 tablespoon vegetable oil** to the pan. Grate **1 teaspoon ginger** and **2 carrots** and add the grated ingredients to the skillet. Next, add **1 teaspoon soy sauce**, **1 pinch of salt**, and **1 pinch of black pepper** to the skillet. Stir and sizzle for 5 minutes. Try counting in Filipino (or Tagalog)

while you wait: 1 isa (ee-SAH), 2 dalawa (dah-lah-WAH), 3 tatlo (taht-LOH), 4 apat (AH-pat), 5 lima (lee-MAH).

### sauté + fill

When the vegetables are finished sautéing, place \*\*1 egg roll wrapper on your cutting board. Then, place 2 teaspoons to 1 tablespoon of the filling in the center of the egg roll wrapper. Using a clean finger, you can trace the outer edge of the wrapper with water. After that, it's time to roll. First, fold one corner of the wrapper over the filling, then roll it over once. Now, take the sides of the wrapper and fold them over the partially-rolled lumpia. Finish rolling until the lumpia is sealed. You might need a little extra water along the way to seal the wrappers. This process is almost like rolling a burrito.

### frying safety

Have a lid nearby, and make sure kids are a safe distance away from the fryer. Smoke and splatter are hazardous and need to be treated with care. As soon as you finish using the fryer oil, turn off the skillet so that it cools as quickly as possible. Finally, do not pour hot oil down a sink drain. Dispose of hot oil by letting it cool and pouring it into a disposable heat-safe container. Then, you can place the disposable container in the trash.

### roll + fry

Once you start rolling, the first few shapes will be slightly unique, and that's okay! Do your best. Heat the remaining oil in the skillet over medium-high heat. Once you finish rolling, add one layer of lumpia to the pan. Fry for 8 minutes, 4 minutes on each side, or until golden brown all over.

### dunk + crunch

Dunk these tasty Filipino snacks in **Sweet and Sour Soy Dipping Sauce** and enjoy! Tagay (TAH-gay) or Cheers in Filipino (or Tagalog)!

## Featured Ingredient: Cabbage!

Hi! I'm Cabbage!

"I come in a few different colors and shapes, but I'm usually green or red (which is really purple-red) with tightly packed leaves forming a round head. You may be most familiar with me shredded in coleslaw and cooked for a St. Patrick's Day dinner with corned beef."

Cabbage was likely domesticated before 1000 BCE in Europe, and the ancient Egyptians, Greeks, and Romans used it in their cuisines. Cabbage was introduced to Asia and the Americas sometime between the 1500s and the 1700s and was considered a staple food in Europe by the 18th century.

China produces the most cabbage worldwide, but Russia consumes the most per person.

The word "cabbage" is late Middle English from the Old French (Picard dialect) "caboché" ("head"), a variant of Old French "caboce."

Cabbage has many relatives (broccoli, cauliflower, brussels sprouts, collard greens). All of these vegetables are part of a family called "Brassica."

The cabbage head grows in the center of a cabbage plant. Initially, the plant produces large, broad leaves, but eventually, the inner leaves begin to curl around a short, thick stem at the center. These inner leaves form the head of cabbage we see in markets.

Green cabbage is the most common type. It has thick green leaves that are packed close together in the head. One head can weigh from one pound to nine pounds! You can cook it as a standalone veggie, add raw cabbage to coleslaw, use it to make cabbage rolls, or add it to soups and stews.

There are a few varieties of green cabbage, including the pointed cabbage, which is shaped like a cone! Savoy cabbage is a smaller, milder variety with tender, wrinkly leaves that you can use to make cabbage rolls or add to salads and stir-fries.

Red cabbage is popular in coleslaw and salads because of its color and crunchy texture. You can also pickle red cabbage to serve as a condiment to top burgers or tacos, or serve it as a side, especially with German dishes.

White cabbage comes from the Netherlands and is also called Dutch cabbage. It is a type of green cabbage with very pale green to white leaves, although there is also a red variety. The Dutch variety is good for making sauerkraut, although you can also use it in the same way as green and red cabbage.

Napa cabbage, also called Chinese cabbage, is oblong with light green and yellow leaves and has a long, thick, and crunchy stem. It has a mild flavor and is popular in Asian cuisine in soups, spring rolls, stir-fries, and as wraps for pork and seafood.

Cabbage is high in fiber and vitamins C and K. Vitamin K is good for the blood. A cup of raw cabbage has more vitamin C than an orange!

Different varieties of cabbages have varying nutritional strengths. For example, red cabbage has more vitamins C and B6 and antioxidants called anthocyanins that help keep your heart healthy, while the green savoy has more vitamins A and B9 (folate).

Cabbage and other cruciferous vegetables are rich sources of phytochemicals, naturally-occurring plant chemicals that may protect people against some forms of cancer.