

Lumpia with Dipping Sauce

County of Origin: Philippines | Contributed by: Flocerpida Fernandez

Lumpia is crispy Filipino Spring Rolls, which is a traditional Filipino dish.

Recipe makes approx. 4 servings.

INGREDIENTS:

- 500g Meat (Ground beef, pork or chicken)
- Lumpia Wrappers
- 3 cups Green beans (chopped)
- 3 cups Carrots
- 1 cup Garlic (chopped)
- 1 tbsp Garlic (crushed/minced) for sauce
- 3 cup Cauliflower
- ½ cup Onion
- 2 tsp Salt
- 1 tsp Canola Oil (or your preference)
- 4 tbsp Brown Sugar
- 2 tbsp Cornstarch
- 4 tbsp Soy Sauce
- 1 cup Broth or Water

UTENSILS

- Knife
- Spoon
- Cutting board
- Regular medium to large frying pan
- Deep medium frying pan
- Wire rack or paper towels

INSTRUCTIONS

Lumpia Sauce:

1. Combine all dry ingredients (4tbsp brown sugar, 2 tbsp cornstarch, 1 tsp salt)
2. Dissolve dry ingredients in water/broth, and mix in garlic.
3. Serve!

Lumpia:

1. It's time to sauté 2 tbsp of oil with our garlic, onion and meat (ground beef/pork). Cook on medium heat until light brown. About 6 minutes.
2. Add cauliflower, carrot, and green beans. Toss and cook for 2 minutes until fully cooked through. Remove pan from heat and let cook.
3. Lay out one Lumpia Wrapper in a diamond shape and scoop and add 2 tablespoons of filling at the bottom of the wrapper, leaving about 1.5 inches (3cm) of space from the bottom point.
4. Fold the bottom point over the filling, then fold in the edges to create an envelope shape. Roll the wrapper toward the top point.
5. Heat about 1 inch (2cm) of oil in a deep, medium frying pan until it reaches 300 F (150 C)
6. Carefully place 4-5 Lumpia at a time in hot oil, frying each side for 1-2 minutes or until golden brown. (*Note: if Lumpia are cooking too fast or burning, reduce the heat.)
7. Remove Lumpia from the oil and drain on a wire rack or paper towels.
8. Enjoy!