



Homemade Chinese Spring Rolls: Recipes with Photos

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By Hongyang

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About the Author

Hongyang 红洋 was born in China, had achieved Bachelor degree from China and Magister degree from Germany. She had worked as a TV reporter for German and Canadian TV stations. She lives in Toronto, Canada and besides her full time job in the Telecommunication Industry writing has become one of her favourite hobbies since 2005.

红洋出生于中国，获得中国学士学位和德国Magister学位。她曾担任过德国和加拿大电视台记者。她现居加拿大多伦多，任职于电信公司，自2005年起写作成为她的业余爱好之一。

Ebook Description

This photo cookbook contains 6 Chinese recipes for making fried spring rolls and unfried fresh spring rolls. There are 73 photos showing individual steps and making it very easy to follow. There is an extra chapter with 30 frequently asked questions and answers on key points of making spring rolls, and also photos are provided for being clear at a glance.

Your are welcome to view the book in Youtube:

<http://www.youtube.com/watch?v=DLiG4Q79Iu8>

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Chapter 1: Frequently asked questions and answers about making Chinese Spring Rolls

Q1. What is the Chinese Spring Roll?

A spring roll is a traditional Chinese snack, made with a thin dough sheet with fillings rolled inside and deep fried in oil. The Spring Roll has a long history of over a thousand years. Spring Rolls are especially popular during the Chinese New Year, also called the Spring Festival. The filling can be meat or vegetarian.

Q2: Is it complicated to make Chinese Spring Rolls at home?

No. It is also a good idea to bring them to a potluck party.

Q3: How many types of Chinese spring rolls are there?

Spring Rolls are now the most commonly used term for fried and unfried rolls, both being equally delicious and scrumptious. The fried spring rolls are popular in China, the non-fried fresh spring rolls originally came from Vietnam but in some places of southern China they are popular too.

Q4: When I make unfried fresh Spring Rolls, what type of wrapper should I use?

You should use a dry rice wrapper it's called Rice Paper for making a fresh Spring Roll.

Q5. Where can I find the Rice Paper?

You can find them in a grocery store or in an Asia grocery store.

Q6. How does a Rice Paper bag look like?

This is one of the bags for your reference.

Q7. How does a dry Rice Paper look like?

Q8: How to use the dry Rice Paper to make a fresh Spring Roll?

Fill a large bowl with warm water in about 50 degrees Celsius. Soak one wrapper into the warm water for seconds to soften. After the rice paper becomes wet and soft, you are ready to place filling on it.

Q9: When I make fried crispy Spring Rolls, what type of wrapper should I use?

You should use the Chinese fresh Spring Roll wrappers in that they are made of wheat and not rice. They are sold frozen.

Q10. Where can I find the frozen Spring Roll wrappers?

Look for fresh wrappers in Asian markets and many supermarkets. They store in the refrigerator or freezer.

Q11. How does a frozen Spring Roll bag look like?

This is one of the bags for your reference.

Q12. How does a frozen Spring Roll wrapper look like?

Q13: How to use the frozen Spring Roll wrappers?

Take it out of the freezer a few hours before you start making spring rolls. Peel them apart carefully since they are very thin wrappers and can easily tear. To fix the tears just cut a piece of spring roll wrapper to patch up the hole and roll as usual.

You also want to keep the wrappers covered with a damp towel at all times to prevent the edges from drying and cracking.

You can seal the roll's edges with "glue" made with cornstarch and water.

Q14: What are the common vegetables for making up the filling?

Mung bean sprouts and Bamboo shoots strip. You can buy them from grocery stores. Mung bean sprouts are sold fresh and Bamboo shoots are sold in canned.

Q15: What is the nutritional value of Mung bean sprouts?

This food is low in Saturated Fat and Sodium, and very low in Cholesterol. It is rich in Protein, Thiamin, Niacin, Vitamin B6, Pantothenic Acid, Iron, Magnesium, Phosphorus, Potassium, Dietary Fiber, Vitamin C, Vitamin K, Riboflavin, Folate, Copper and Manganese. It is best to eat the bean sprouts cooked.

Q16: What is the nutritional value of Bamboo shoots?

Bamboo shoots are new growth bamboo from the bamboo tree. This food is low in Saturated Fat, and very low in Cholesterol. It is rich in Dietary Fiber, Protein, Riboflavin and Zinc, Vitamin B6, Potassium, Copper and Manganese.

Q17: How to fry spring rolls?

If you're deep frying spring rolls, make sure that the oil is hot enough, but not too hot. If you put the spring roll too early in the oil before the oil is heated, it will soak in a lot of fat. One easy way to test if the oil is ready for frying is to dip the end of a bamboo chopstick or a wooden spoon into the oil. If the oil starts to bubble around the chopstick, it's ready for frying. After frying, please remember to drain the fried spring rolls on a paper towel to absorb the excess oil.

Q18: What kind of oil should I use to fry spring rolls?

Vegetable oil.

Q19: What kind of dipping sauce should I use to serve with spring rolls?

These four are my favourite sauces: Soya sauce with green onion and ginger, Ketch up, Sambal Oelek and Sweet Chilly Sauce.

Q20: What is the Sambal Oelek?

Sambal is a chilli based sauce and it is typically made from a variety of chilli peppers and is sometimes a substitute for fresh chillies.

Q21: What is the Sweet Chilli Sauce?

It is kind of sweet sour hot sauce and I love it the most out of all these sauces. There are many brands sold in the market, please make sure it's called Sweet Chilly Sauce.

Q22: What kind of Soya sauce should I use?

There are two kinds of Soya Sauces: dark Soya Sauce and light Soya Sauce. I prefer the light one.

Q23: How do I know it is light Soya Sauce?

This Chinese character “生” means “light”, try to find it on the bottle.

Q24: How does the Soya Sauce bottle look like?

These are for your reference.

Q25. How to make the dipping Soya Sauce with green onion and ginger?

Step 1: Chop green onion and ginger into very small pieces

Step 2: Add very small amount of salt and two tablespoons of sesame oil, and mix them.

Step 3: Add light soya sauce, 1 table spoon of sugar and some water (Ratio: 70% of Soya sauce, 30% of Water)

Step 4: It's ready to serve.

Q26: What is Sesame oil?

Sesame oil is made of sesame seeds and it is rich in iron, calcium, magnesium, phosphorus, vitamin B1, zinc and dietary fiber.

Q27: When should I use the sesame oil?

When you make spring roll's filling, you should add it.

Q28: How does the Chinese sesame oil bottle look like?

There are many brands and this is one of them for your reference.

Q29: Should the filling be dry or soggy?

Make sure the filling isn't too soggy. If there seems to be too much liquid in the filling, drain it out. After stir-fry the filling, allow the filling to cool.

Q30: How to place the spring rolls?

Never stack the spring rolls on top of each other, before or after deep-frying.

Chapter 2: Fried Meat Spring Rolls (Chicken Breast, Ham, Bean Sprout, Bamboo Shoot)

Step 1: Chicken Breast, Ham, Bean Sprout, Bamboo Shoot, Garlic, Ginger Root, and Green Onion

Step 2:

Chop Chicken breast and Ham into thin strips.

To season the Chicken Breast: add salt, sugar, black pepper, light soya sauce, corn starch (2 tbs.).

Step 3:

Stir-fry Ham for 1 min.

Stir-fry the seasoned chicken breast with ginger, garlic and green onion.

Step 4: Stir-fry Bean sprouts and Bamboo shoots separately with salt.

Step 5:

To make the filling: Mix Ham, Chicken breast, Bean sprouts and Bamboo shoots together. (Ratio: 60% of vegetables, 40% of meat).

Add 2 tablespoons of sesame oil to the filling.

Note: Make sure the filling isn't too soggy. If there seems to be too much liquid in the filling, drain it out.

Step 6:

Make glue: Corn starch with water

Place 1 wrapper on the table and cover other wrappers by using a damp kitchen towel

Step 7: Place some filling on the wrapper a few centimetres from one edge. Don't overfill your spring roll because it will make it difficult to close it.

Step 8: Roll from one edge and when you get halfway through, fold in the sides as well.

Step 9: Use the corn starch water to seal the edges and you're done. Congratulations!

Step 10: Drain the deep-fried rolls on a deep-frying rack, in a colander, on a cooking sheet lined with paper towels.

Step 11: Enjoy!

Chapter 3: Fried Seafood Spring Rolls (Smoked Salmon Fish, Tuna Fish, Bean Sprout, Bamboo Shoot, Carrot)

Step 1: Smoked Salmon Fish, Tuna Fish, Bean Sprouts, Bamboo Shoots, and Carrots

Your are welcome to view the book in Youtube:

<http://www.youtube.com/watch?v=DLiG4Q79Iu8>

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Thanks for reading this photo cook book and hopefully these 6 recipes will provide you an easy way making Chinese spring rolls at home!

Enjoy!

Bon Appétit!

Guten Appetit!

Man Man Chi! 慢慢吃! (Eating Slowly)

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Easy & Tasty Chinese Food Home Cooking: 11 Recipes with Photos (2011)

This photo cookbook contains 11 Chinese recipes for preparing beef, chicken, shrimps, fish, pork, and vegetarian dishes. There are 70 photos showing individual steps and making it very easy to follow. There is an extra chapter with 27 frequently asked questions and answers on Chinese ingredients, and photos are provided for being clear at a glance.

You are welcome to view the book in YouTube:

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Healthy and Nutritious Chinese Sweet Soups: 15 Recipes with Photos (2012)

In the Chinese kitchen there are salty soup and sweet soup available. The sweet soups are not only simple desserts, they are

considered as a kind of food or nutrition therapy. This photo cook-book contains 15 Chinese recipes for cooking Chinese sweet soups. There are 80 photos showing individual steps and making it very easy to follow. There is an extra chapter with 15 frequently asked questions and answers on key points of cooking Chinese sweet soups, and also photos are provided for being clear at a glance. Seeing a video in YouTube about the book:
[http://www.youtube.com/
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