



CHINESE NEW YEAR RECIPE

FISH SPRING ROLLS

Ingredients for 20 spring rolls:

- 20 spring roll wrappers
- 1 beaten egg
- Oil for frying

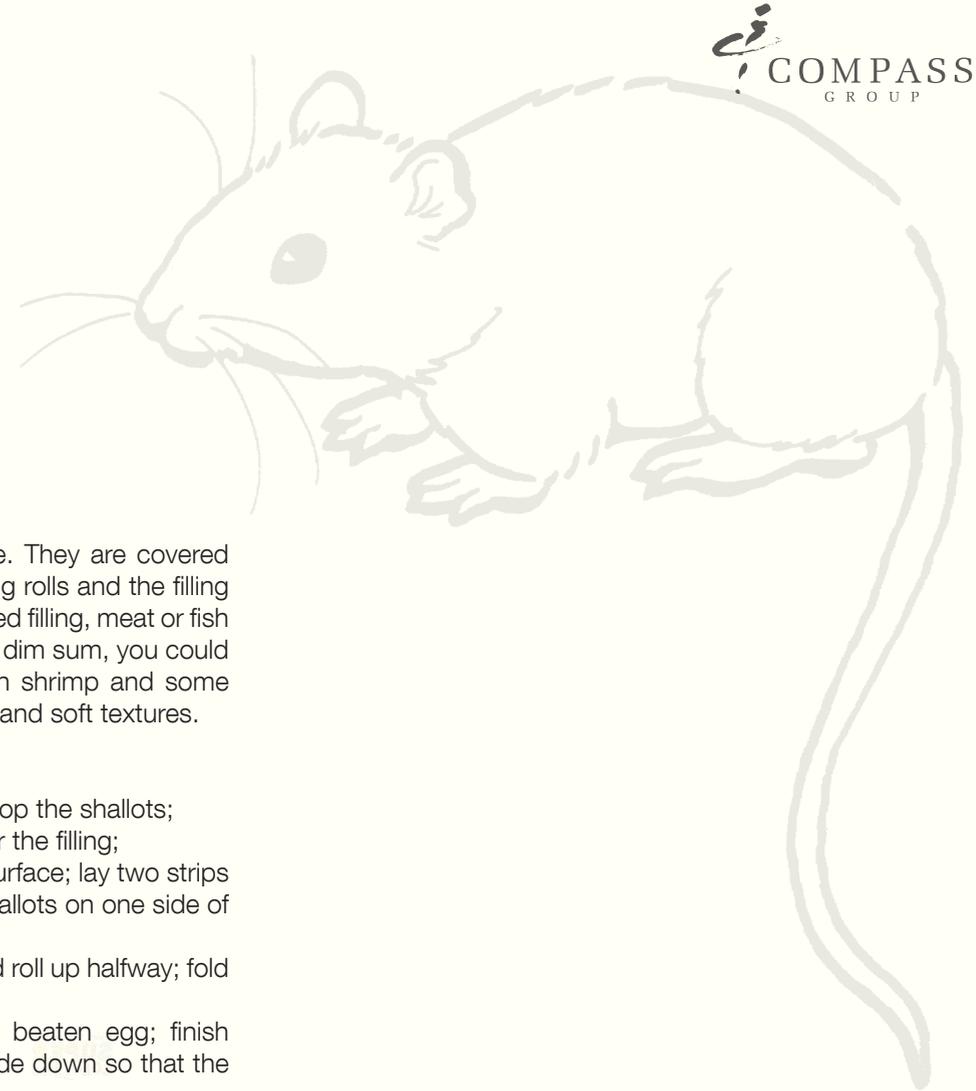
Filling

- 500 g (18 oz.) white fish fillet
- 2 shallots
- 1 tbsp. vegetable oil
- 1 tsp. rice wine or white wine
- 1 tsp. sesame oil
- 1/2 tsp. finely chopped fresh ginger
- A pinch of salt

Spring rolls are a classic in Chinese cuisine. They are covered with a thinner and crispier wrapping than egg rolls and the filling is more elaborate. Instead of a cabbage-based filling, meat or fish is used. Since it is usual to serve a variety of dim sum, you could complete the meal with a salad of northern shrimp and some steamed mussels, for an extra mix of crispy and soft textures.

Preparation:

1. Slice the fish fillets into 40 thin strips; chop the shallots;
2. In a bowl, combine all the ingredients for the filling;
3. Lay one spring roll wrapper on a work surface; lay two strips of seasoned fish and a little bit of the shallots on one side of the wrapper;
4. Fold the wrapper gently over the fish and roll up halfway; fold the two ends in towards the centre;
5. Brush the edges of the wrapper with beaten egg; finish rolling up and place on a plate, seam side down so that the rolls remain sealed;
6. Repeat the previous step for the remaining wrappers.
7. Heat the frying oil to 180° C (350° F); place a few rolls in the oil and fry for about two minutes; turn over with chopsticks and fry on the other side for another two minutes or until they are lightly golden;
8. Place the rolls on paper towels and then on a plate; keep warm while you finish frying the remaining rolls;
9. Serve warm with a sauce of choice.



H A P P Y N E W Y E A R