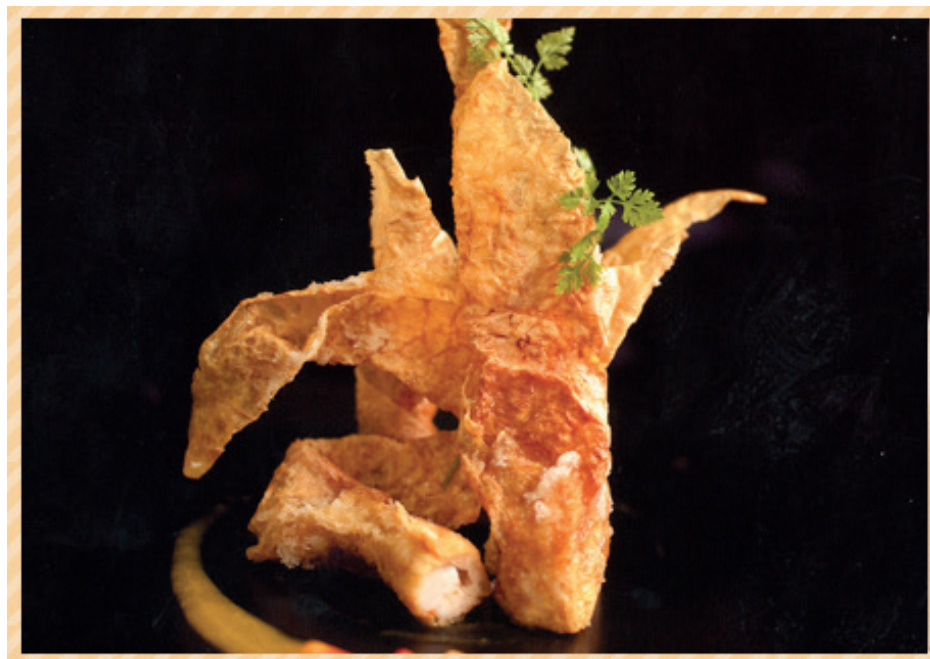


Culinary delights
with
PALM OIL

Deep fried bean curd roll



One of the great beauties that one may observe during a dim sum breakfast, with regards to Chinese cuisine is that there are many ways in which the food is cooked. Dumplings are deep-fried or steamed just as meats are stir-fried or used as a filling. These delicious rolls are made of bean curd skin, which, deep-fried, crisp and crunchy are tasty to the very last bite.

INGREDIENTS



- 12 sheets bean curd skin, softened
- 110 g prawn meat, minced
- 110 g chicken meat, minced
- 3 nos black mushrooms, diced
- 200 g taro, diced
- 1 /4 tsp chicken concentrate
- 1 tsp corn starch
- 4 tbsp water
- 1/8 tsp sugar
- 1 tbsp palm oil
- 1 tbsp sesame oil
- 3/4 tbsp oyster sauce
- 1 tbsp light soy sauce
- Palm oil for deep frying
- Salt to taste
- Chinese parsley for garnish

METHOD



Heat up the oils in a large frying pan, than add in the prawn meat, chicken meat, mushrooms, and taro. Stir-fry until cooked. Add in the oyster sauce, chicken concentrate, light soy sauce and sugar, stirring to combine.

In the meantime, mix together corn starch and water stirring until thickens. Pour half of the mixture into the frying pan and control to cook until the filling becomes thick. Remove from the heat.

Place bean curd skins flat on a clean surface, then divide the filling equally between them. Roll the skins up to shape cylinders, and seal the edges with the remaining corn starch.

Deep fry the rolls in palm oil until a golden-brown hue is achieved. Remove from the oil and drain over paper towels, than serve garnished with chinese parsley.