

Veal Foodservice Recipe



Veal Egg Roll

MAKES 10 SERVINGS - 2 EGG ROLLS EACH

INGREDIENTS:

2 TBSP. CANOLA OIL • 1 LB. GROUND VEAL • 5 OZ. GREEN CABBAGE, SHREDDED
3 OZ. RED ONION, JULIENNE • 2 OZ. RED PEPPER, JULIENNE
4 OZ. GREEN APPLE, 1/4- INCH DICE • 1 OZ. CILANTRO, CHOPPED • SALT AS NEEDED
GROUND BLACK PEPPER AS NEEDED • 20 EA. EGG ROLL SKIN, SMALL

SAUCE:

1 TBSP. CANOLA OIL • 2 TBSP. GARLIC, MINCED • 1 TBSP. GINGER, MINCED
2 TBSP. SCALLION, MINCED • 2 TBSP. HOT BEAN PASTE • 2 OZ. SUGAR
6 OZ. LOW SODIUM SOY SAUCE • 8 OZ. CHICKEN STOCK
CORNSTARCH SLURRY AS NEEDED • 2 TBSP. SEASONED RICE VINEGAR
2 TBSP. SESAME OIL

METHOD:

1. HEAT OIL IN A LARGE SAUTÉ PAN. BROWN GROUND VEAL STIRRING OFTEN. ADD CABBAGE, ONIONS, PEPPERS AND APPLES, CONTINUE TO COOK. SEASON WITH CILANTRO, SALT AND PEPPER. COOL AND RESERVE.
2. FOR SAUCE, HEAT THE OIL IN A MEDIUM SAUCE PAN. ADD THE GINGER, GARLIC AND SCALLIONS AND SWEAT UNTIL FRAGRANT.
3. ADD THE BEAN PASTE AND SUGAR. COOK FOR TWO MINUTES ON LOW HEAT.
4. ADD THE SOY SAUCE AND CHICKEN STOCK. SIMMER ON LOW HEAT FOR ANOTHER 10 MINUTES SKIMMING AS NECESSARY.
5. THICKEN THE SAUCE WITH THE CORNSTARCH SLURRY. FINISH WITH VINEGAR AND SESAME OIL. ADJUST SEASONING AND COOL.
6. MIX THE COOKED VEAL, VEGETABLES AND SAUCE AND RESERVE.
7. LAY OUT 20 EGG ROLL WRAPPERS ON A CLEAN WORK TABLE. DIVIDE THE FILLING AMONG IN THE CENTER OF EACH WRAPPER. FOLD ACCORDING TO PACKAGE DIRECTIONS.
8. FRY AT 375°F UNTIL GOLDEN BROWN AND HOT THROUGHOUT.

NUTRITIONAL INFORMATION PER SERVING:

K/CAL	PROTEIN (G)	CARB (G)	FIBER (G)	FAT (G)	SAT FAT (G)	CHOL (MG)	SODIUM (MG)
393	17	55	2	11	2	45	858