

Fate Spring Rolls with Hot & Sour Chilli Sauce

Chilli Sauce

Ingredients

100ml pure apple juice

3 tablespoons tomato ketchup

1-2 tablespoons vinegar (any kind)

1-2 teaspoons dried chilli flakes

Method

1. Simply place all the ingredients for the sauce into a dish and stir well until blended. Leave for about half an hour for the flavour to develop. Store in the fridge.

Wrappers

Ingredients

200g Fate Low Protein All-Purpose Mix

½ teaspoon salt

300ml water

Few drops suitable gravy browning

Method

1. Place the Fate All-Purpose Mix into a bowl, and stir in the salt.
2. Measure the water and add a few drops of gravy browning. Add it all in one go to the bowl. Mix together with a large fork or wire whisk until a smooth and thick batter is made.
3. Place a shallow frying pan onto a medium heat to gently warm through. Do not make it too hot and do not add any oil.
4. Then take it off the heat again. Straight away, while the pan is still warm, take two tablespoons of the batter and place it into the middle of the pan.
5. Then, using the back of a metal tablespoon, quickly spread the mixture evenly over the surface of the pan. Try to make the wrapper as thin and as even as possible. Aim for a wrapper about 20cm (8" in diameter).
6. You will notice that the heat from the pan will start to cook the mixture as you are spreading it over the surface. This is why you don't want the pan too hot as it would cook the wrapper before you have time to spread it thinly. The pan needs to be just warm enough to hold the mixture in place.
7. Put the pan back onto the heat, and leave to cook over a gentle heat for about 1 minute. Do not brown. You will know that it is ready when the wrapper shrinks slightly from the edge and it can easily be lifted from the pan.
8. Turn it over and cook for only a few seconds more. Remove from the pan to a plate to cool. Continue with the remaining batter. Do not use all the batter, but reserve about 1 tablespoon for later.

Filling

Ingredients

5-6 spring onions, thinly sliced

80g carrots, grated

50g mushrooms, finely chopped

Approx. 3 tablespoons shredded lettuce or fresh beansprouts

Salt and pepper to season

1 tablespoon corn flour

Oil for cooking

Method

1. Place the sliced spring onions, grated carrot and chopped mushrooms into a bowl.
2. Add the shredded lettuce or beansprouts.
3. Season with salt and pepper and stir in the corn flour.

To Put the Spring Rolls Together

1. Place a wrapper onto the work surface.
2. Take about a tablespoon of the filling and place it in the centre.
3. Gently fold the near end of the wrapper over the filling.
4. Using the reserved uncooked mixture, moisten all the edges of the spring roll. Then fold in the two sides a little.
5. Continue to roll the pancake up to enclose the filling completely. Make sure that all edges are sealed well.

To Cook the Spring Rolls

1. Heat a frying pan over a gentle heat and add just enough oil to cover the surface.
2. Wait until the oil is hot, and then place a couple of spring rolls into the pan. They should sizzle gently in the oil, which should be just hot enough to cook to a golden brown in a couple of minutes.
3. Turn the spring rolls over, and cook for a while longer until crisp and golden all over.
4. Remove from the pan, and drain on kitchen paper, or place them under a hot grill for 5 minutes each side until crisp and browned.
5. Serve hot with the dipping sauce.



Fate Crispy Crisps

Ingredients

Same as for Fate Spring Roll Wrappers

Method

1. These are spring roll wrappers just cut into squares or triangles with a sharp knife or scissors.
2. Place onto a baking tray and place in a preheated oven Gas Mark 5/190°C/375°F for about 15 minutes until golden brown and crisp. Place onto a wire tray to cool.
3. Serve with a suitable dip or salsa.
4. The Crispy Crisps can be stored for a couple of days in an airtight container or placed in the freezer, remember to protect them well.



This recipe was provided by Fate low protein foods