

SPRING ROLLS

31 OCTOBER 2017
HOTEL RESTAURANT CHINA GARDEN –
RECIPE OF CHEF DE CUISINE CHEN LIJUN

For the Chinese, spring rolls are an expression of inner bonds with nature as it awakens in spring.





Zermatt. No matter what.

INGREDIENTS

10g	Glass noodles
150g	Vegetables: carrots, zucchini, leeks, white cabbage
20g	Fresh Mu-Err mushrooms (shitake mushrooms) from an Asia Shop
10g	Bean sprouts
ca. 1 ½ ts	Salt
¼ t.	White pepper
½ t.	Sugar
½ t.	Glutamate from the Asia Shop
2 t.	Sesame oil
8	Frozen, square flour spring roll sheets – 20 cm; thaw before use, from the Asia Shop
1	Egg yoke
	Sunflower oil for frying

PREPARATION

1. Break the glass noodles into pieces about 5 cm long and pour boiling water over them. Allow to soak for about 3 minutes before draining. Place in cold water and allow to cool. Drain and allow to drip dry. Peel carrots and zucchini, cut into long slices with the peeler and then cut into fine strips. Cut the leeks, white cabbage and mushrooms into similar thin strips.

2. Mix the vegetable strips together and then mix in the mushrooms, glass noodles and sprouts. Add 2/3 of the salt. Allow to steep for about 2 hours. Drain off any water.

3. Spice the vegetable mixture with the remaining salt, pepper, sugar, glutamate and sesame oil. Allow to steep for about 1 hour. Salt to taste. Carefully separate the spring roll sheets and immediately wrap in a moist tea towel so that they do not dry out. Spread out one sheet after another with a corner forward on a work surface. Place about 25 g of the vegetable mixture lengthwise in the front quarter of the sheet. Place the sheet corner over it and roll out the filling to the middle of the sheet. Fold the side sheet corners tightly over the vegetables. Spread some egg yoke on the upper sheet corner. Finish rolling and press on to the upper sheet corner.

4. Place enough oil in a deep fat fryer or a wok and heat to 189°C. Deep fry the spring rolls for 1 to 2 minutes until they are slightly browned. Turn them over once while frying



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SERVING

Serve salad topped with aromatic soya sauce and with sweet-sour sauce.

WINE RECOMMENDATION

Merlot
2014
Gérald Besse
Martinach

TIPS FOR THE RESTAURANT CHINA GARDEN

Exotic beauty, which spoils the eyes and palate: In original retained-style restaurant, our team magically creates delicacies and spicy surprises from the Far East. Experience Chinese cuisine at a very high level. CHINA GARDEN, the culinary Middle Kingdom in Zermatt. Our chef de cuisine Chen Lijun and the China Garden team have been awarded 14 GaultMillau points