

Cooking Around the World: Lumpia Shanghai

Cooking Around the World features staff members sharing recipes from their personal backgrounds or passion for diverse cultures. Today, Branch Manager Azalea Ebbay will share her favorite Filipino party appetizer, lumpia shanghai. You can prepare a big batch, freeze them, and fry the lumpia up at your convenience.

Lumpia Shanghai

This recipe was adapted from the cookbook *The Adobo Road* Cookbook by Marvin Gapultos: <https://sandiego.bibliocommons.com/item/show/248802161>.

For the wrappers:

1 package of 25 square spring roll wrappers (8 x 8 inches), thawed
Water for sealing the lumpia
Oil for frying

Filling

1 lb. ground pork
1/2 lb. raw shrimp, peeled, deveined, and minced
1 cup grated carrot
3 green onions, thinly sliced
One 2-inch piece of fresh ginger, peeled and minced
6 garlic cloves, minced
2 Tablespoon soy sauces
1 Tablespoon oyster sauce
lots of freshly ground black pepper
1 egg beaten

Sweet chili sauce for dipping

Note: Depending on how much filling you decide to use for each wrapper, you may have left over wrappers. Since I used a lot of filling in my lumpia, I could have easily doubled my filling in order to have utilized all the wrappers. The specific filling to wrapper ratio works out pretty much perfectly if you choose to follow the recipe exactly laid out in *The Adobo Road*.

Instructions

1. To make the filling, place the pork, shrimp, carrots, green onions, ginger, garlic, soy sauce, oyster sauce, black pepper, and beaten egg in a large mixing bowl. Mix all the ingredients until they are combined.
2. Next, to prepare the wrappers, on a cutting board, cut the wrapper diagonally with a butcher's knife so you'll have two stacks of triangles. Gently peel off five lumpia wrappers and place the wrappers to the side. Place the remaining lumpia wrappers on a plate under a wet paper towel so that the wrappers do not dry out. (There are many ways to roll out lumpia! I rolled my lumpia similar to this YouTube video called *Wrapping Lumpia* by Nic & Rei <https://www.youtube.com/watch?v=9EYjv86HGvU> to shake it up.)
3. On a clean work surface, lay out the lumpia wrappers so that they are overlapping like a Christmas tree in front of you. There should be about 3-4 inches of each triangle base peeking out (since they are overlapping) so you place the filling. This setup will allow you to quickly roll out several lumpia at a time.



4. Prepare a baking tray for your future rolled lumpia by placing one layer of cellophane wrapper the same size as the tray itself on top of the tray. Keep this tray next to your rolling station.
5. Now, back to the lumpia. Using your fingers, take about 3-4 Tablespoons of filling and place the filling along the wrapper about a $\frac{1}{2}$ inch from the edge closest to you. Repeat this step until all five wrappers have filling.



6. Keep a cup of water near your lumpia rolling station. Wet your fingers with water to help seal the lumpia. Starting with the top most wrapper on the tree, pull the corners of the wrapper towards the center until the corners are overlapping over the filling.
7. With the corners still overlapping on the filling, grab the bottom edge of the wrapper and roll the wrapper up over the filling until there is one inch of wrapper remaining. You are wrapping this lumpia similar to a burrito.
8. With wet fingers, moisten the edge of the remaining one inch of the wrapper to seal it. Place the sealed lumpia so that it is resting with the seam down on the baking tray. Repeat this step until all the filling is gone. As you place the lumpia on the baking tray, make sure that the lumpia do not touch so they do not get stuck together during the freezing process. If you have more than a single layer of lumpia, add another layer of cellophane so that you can add a second layer of lumpia on top of the plastic without sticking to the first layer. Place the tray in the freezer.
9. After about 4-6 hours, your lumpia should be completely frozen. You can use your fingers to feel the difference. Take the lumpia off the baking tray and place the lumpia in a gallon freezer bag, and place the bag back into the freezer.
10. When you're ready to fry the frozen lumpia up, fill a dutch oven with about a $\frac{1}{2}$ inch of vegetable oil and heat over medium heat until the oil reaches 350 degrees Fahrenheit. (Alternatively, you can also bake the lumpia. Preheat the oven to 425 degrees Fahrenheit. Using a can of vegetable spray spray each single frozen lumpia and place on a baking tray. Bake the lumpia for 20

minutes or until done, turning half way. Baked lumpia are less crunchy, but they will still be delicious!)

11. Using tongs, drop enough lumpia into the dutch oven so that the lumpia is not crowded. (I was able to fit four lumpias in the dutch oven.) Turn the lumpia with your tongs and fry until each lumpia is golden brown. This may take about 10 minutes per lumpia.
12. When each lumpia is finished, drain the fried lumpia on a plate lined with paper towels or another baking tray with a wire rack. Serve immediately with sweet chili sauce. Enjoy!!



Check out this curated list featuring beautiful and mouth watering Filipino and Filipino-American cookbooks:

https://sandiego.bibliocommons.com/list/share/542299049_sdpl_skyline_hills/1883059479_cooking_around_the_world_filipino_cuisine