

PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM

PORK EGG ROLLS WITH SWEET & SOUR SAUCE

1 tablespoon canola oil, plus extra for

brushing rolls

1 pound ground pork

½ teaspoon salt

1/4 teaspoon ground black pepper

3 cloves garlic, minced

1 teaspoon fresh grated ginger

3 cups coleslaw mix

4 green onions (green & white parts), sliced

1 tablespoon soy sauce

1 teaspoon toasted sesame oil

16 egg roll wrappers

1 egg, beaten

Sweet & Sour sauce

- 1. Preheat oven to 400 degrees F. Line rimmed baking sheet with parchment paper; set aside.
- 2. In large skillet over medium-high heat, heat the 1 tablespoon canola oil.
- 3. Crumble ground pork into skillet and season with salt and pepper; cook, stirring with wooden spoon to break up meat into small pieces, until meat is browned and cooked through. Add garlic and ginger; cook for 30 seconds.
- 4. Stir in coleslaw mix and green onions; cook stirring often until cabbage is wilted, about 3 to 4 minutes.
- 5. Stir in soy sauce and sesame oil. Remove from heat, transfer meat mixture to large bowl, and let cool slightly.
- 6. Place egg roll wrappers on work surface like a diamond (points straight up and down). Spoon 3 to 4 tablespoons filling onto each wrapper and fold bottom point/corner up over the filling. Fold right corner over to the middle and then fold left corner over to the middle. The roll to the top corner to form egg roll. Brush edge of top corner with beaten egg and press to seal.

- 7. Brush outsides of egg roll with canola oil. Place 1 inch apart on prepared baking sheet.
- 8. Bake in 400 degree F oven for 15 to 18 minutes or until golden and crispy.
- 9. Serve hot with sweet and sour sauce.

Makes 16 rolls.

Diagram:



