



Lumpiang Shanghai Recipe

Preparation Time	05
Cooking Time	48
Serving Size	16

Ingredients:

- 2/3 tsp oil
- 1/3 tsp onion, red, minced
- 2 2/3 Tbsp celery, minced
- 2 2/3 Tbsp carrot, minced
- 1/3 pouch DEL MONTE Original Style Tomato Sauce (200g)
- 1 Tbsp soy sauce
- 1/8 tsp salt
- 1/8 tsp pepper, black

- 330 g pork, ground
- 1/3 cup bread crumbs, Japanese
- 1 pc egg, lightly beaten
- 2 Tbsp kinchay, finely minced
- 16 pc lumpia wrapper
- 1 pack DEL MONTE Quick 'n Easy Sweet and Sour Mix (57g), dissolved in 1/2 cup water

Preparation:

1. Sauté onion, celery, and carrot in oil for 7 minutes or until tender. Add DEL MONTE Original Style Tomato Sauce and season with soy sauce, salt, and pepper.
2. Allow the mixture to cool and add to ground pork with bread crumbs, egg, and kinchay. Mix thoroughly.
3. Wrap every 1 1/2 tablespoons of pork mixture in lumpia wrapper. Fry until golden brown.
4. Cook the dissolved DEL MONTE Quick 'n Easy Sweet & Sour Mix until thick.

Chef's Tip

Always work with cold meat to avoid spoilage. Make sure the ingredients are cold then do not overmix which will heat up the meat.

Lusog Notes

Three rolls of this Lumpiang Shanghai provide a source of iron and vitamin A. Iron is needed for normal metabolism and in the formation of red blood cells that carry oxygen in the body. On the other hand, vitamin A promotes healthy skin and normal vision.

Cooking Skills Needed

- Mixing

Cooking Tools

- Chopping Board
 - Sauce Pot
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