



Lumpia (Filipino Style Spring Rolls)

Longève pea protein crumbles are the “meat” of this savory Filipino-inspired spring roll recipe. Enhanced by an aromatic mix of sautéed vegetables and crunchy water chestnuts, the Longève filling is wrapped into slender rolls before being quickly fried until golden brown and crisp. Feel free to substitute the traditional lumpia wrapper with spring roll wrappers, or even wonton skins if that’s all you can find. Just cut down the amount of the filling in half if using the wonton skins. These are guaranteed to be a hit at your next party, no matter how you roll!

Makes approximately 18 full-size rolls, or 36 small rolls

Ingredients:

2 cups Plain Longève Crumbles	½ teaspoon sea salt
1 medium onion	¼ teaspoon black pepper
1 medium carrot	2 teaspoons soy sauce
2 large cloves garlic	2 tablespoons cilantro, minced
1 inch fresh ginger	Lumpia, spring roll, or wonton wrappers
1, 8oz can water chestnuts, drained and rinsed	1 egg, beaten
2 scallions, roughly chopped	Vegetable oil for frying
2 tablespoons vegetable oil	Lettuce Leaves and Sweet Chili Sauce for serving

Method:

- Combine Longève crumbles with 1 cup hot water in a small bowl. Let sit for 5 minutes to rehydrate.
- Meanwhile, peel onion, carrot, garlic and ginger. Roughly chop all vegetables and combine in the bowl of a food processor. Process until vegetables are finely minced,

scraping down the sides of the bowl periodically to ensure mixture is evenly processed. Transfer mixture to a bowl.

- Next, add drained water chestnuts and the chopped scallion to the food processor and process to a fine mince. Transfer to a separate bowl.
- To cook the filling, heat 2 tablespoons of vegetable oil in a large, non-stick skillet over medium heat. Add rehydrated crumbles and vegetable mixture and cook, stirring frequently, until vegetables have softened and are beginning to brown. Add the water chestnut-scallion mixture and cook for an additional minute or two. Add salt, pepper and soy sauce and cook for another minute while stirring to incorporate. Finally, stir in minced cilantro and remove from heat. Transfer the filling to a bowl and let cool before completely before using.
- To assemble spring rolls: Place one wrapper on the work surface with points facing toward & away from you so it resembles a diamond. Scoop two tablespoons of the filling (one tablespoon if using a wonton wrapper) onto the center of the wrapper, nearer to the bottom point. Use wet fingers if needed to nudge the filling into a tight little mound. Lightly brush the sides of the wrapper with the beaten egg to ensure that the wrapper will adhere to itself and not burst during frying. Roll from bottom to top, folding the two sides in to securely contain the filling. Place the finished rolls seam side down onto a tray and repeat the process until all the filling is used.
- To fry spring rolls: In a heavy pot, add vegetable oil to a depth of at least two inches. Heat the oil to approximately 350 degrees. Test the oil temperature by dipping a chopstick or a small piece of bread in the oil (it should bubble immediately). The oil should be hot but not smoking. Add the rolls, five or six at a time, and fry until golden brown, approximately 3 – 5 minutes. Drain cooked rolls on absorbent towels.
- To serve, line a platter with lettuce leaves, arranging the spring rolls on top. Place a small bowl of sweet chili sauce on platter, and serve hot as an appetizer or snack.