

Mama Flores Turkey + Shrimp Lumpia

Recipe by Mama Flores

Yield: Makes 30

Filipino

Prep Time: 1 hour

Appetizer

Cook Time: 30 minutes

Nut-Free

INGREDIENTS

2 tablespoons olive oil
1 tablespoon minced garlic
½ cup yellow onion, diced
1 pound ground turkey
1 ½ cups russet potato, diced in ¼" cubes
1 ½ cups sweet potato, diced in ¼" cubes
1 ½ cup shrimp, peeled, deveined, and chopped in ½" pieces
1 teaspoon salt
½ teaspoon ground black pepper
½ cup low sodium chicken broth
2 tablespoons soy sauce
3 cups frozen vegetable mix (peas, carrots, corn)
¼ cup cilantro, chopped
1 egg white
1 teaspoon all purpose flour
1 pack lumpia wrappers
vegetable oil for frying

Cat's Garlic-Chili Vinegar Dipping Sauce

½ cup apple cider vinegar
¼ teaspoon salt
¼ teaspoon cracked black pepper
½ teaspoon dried red chili pepper flakes
1 tablespoon finely minced garlic

METHOD

1. Heat olive oil in a large pan over medium-high heat and add garlic and onion to pan. Sauté until onions become translucent, about 1 minute.
2. Add ground turkey to pan and cook until cooked through.
3. Add potatoes, shrimp, salt, black pepper, chicken broth, and soy sauce. Stir and cover pan to cook for 3-4 minutes, until shrimp is cooked and potatoes are almost cooked through.

4. Stir in frozen vegetables and cilantro and cook for one more minute. Turn off heat and transfer lumpia filling to a large strainer to let any extra liquid to strain out. Set aside.
5. In a small bowl, whisk egg white and flour together until combined.
6. Take one lumpia wrapper and lay out on cutting board or large plate with one corner facing you, (diamond shape).
7. Spoon about ¼ cup of the filling near the bottom corner leaving about 1 ½-inch space from the bottom and sides.
8. Fold the bottom corner over the filling and then the sides. Keep rolling while keeping the roll as tight as possible. When you get near the top corner, brush with the egg wash to seal the end and finish rolling.
9. To fry, pour vegetable oil in a skillet or Dutch oven until it is about ½-inch in depth. Heat oil over medium-high heat until it reaches 350 degrees. Working in batches, carefully add lumpia to oil and fry until golden brown. Flip and cook the other side until golden brown.
10. Using a slotted spoon, transfer lumpia to a plate lined with paper towels to drain excess oil.
11. Serve with Cat's Garlic-Chili Vinegar or Hot + Sweet Dipping Sauce.
12. To make Cat's Garlic-Chili Vinegar dipping sauce, combine ingredients into a small bowl and set aside for 20-minutes before serving.

TIPS

- You can freeze lumpia for up to three-months and store in freezer and fry when ready to use.

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