

How to make fried spring rolls (spring rolls) with an oil-free fryer

You want to make very fast home-made spring rolls that are good for your health. Please refer to how to make fried spring rolls using the oil-free fryer below to have a delicious, time-saving meal!

Your family has an oil-free fryer. So why not take advantage of it to make delicious dishes for your family. Read the following article immediately to learn how to make fried spring rolls with an extremely fast oil-free fryer that is extremely good for health.

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2. How to use the fryer without oil properly
3. Common errors when using an oil-free fryer
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I. Prepare materials

1. Ground pork: 200g, choose three meat only lean meat
2. Fresh shrimp: 400g
3. Onions: 2 bulbs
4. Chicken eggs: 3 fruits
5. Fresh cat mushroom: 50g
6. Burma: 50g
7. Green bean cake: 1 file
8. Vinegar
9. Common spices: salt, main noodles, pepper, cooking oil .



II. How to make fried spring rolls (spring rolls) with an oil-free fryer

Step 1. Prepare the materials

1. Fresh shrimp are washed, removed, removed, removed the black thread in the back to remove fishy smell.
2. Shrimp meat is chopped, mixed with pureed pork and marinated with salt, main noodles and pepper. Mix well for the mixture soaked in spices, marinate for about 30 minutes. Note, you have just enough spice, not so salty as you can add fish sauce when eating.
3. Cut the original mushroom, wash it, cut it into small pieces. If there is no fresh cat mushroom, you can use dried cat mushroom, but it must be soaked with warm water to expand, then cleaned and chopped.
4. Soaked in water, when soft noodles, cut small pieces.
5. Peeled onions, washed, sliced ??into long and small fibers.



Step 2. Mix mixture of spring rolls

After processing all the ingredients, add the mushroom, vermicelli, onion to the mixture of shrimp and meat and mix well. Then beat the eggs, use the chopsticks to mix them well until the mixture blends and thickens.



Step 3. Spring rolls package

1. Prepare 1 cup of small water, add about 1 - 2 tablespoons of vinegar to stir.

2. Dip rice paper into a cup of water so that it is soft, not too wet, if wet, it will absorb more grease.
3. Spread rice paper on a flat surface, give a sufficient amount of filling and roll it into a lovely spring roll. Put spring rolls on a plate, do it until you are done
4. For crispy fried spring rolls, after wrapping, you put them in the fridge for 1-2 hours before taking out the fried.



Step 4: Fry with oil-free fryer

1. Before frying, mix the oil with a few drops of lemon. With the amount of 10 rolls, use 4 tablespoons cooking oil with 1 teaspoon lemon juice.
2. Roll each roll of spring rolls. Lemon juice helps crunchy shell longer.



Put spring rolls on a fried basket, not stacked



Turn on 200 degrees 10 ', then flip back and turn on 200 degrees 10' to finish. If the package is finished, immediately add some time to the soup.



Above is how to make fried spring rolls with an oil-free fryer. I wish you success with your food.

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