**Non-fired Spring Rolls**

Heat 3 tbsps. Vegetable oil or olive oil

Stir fry ingredients below until lightly browned

2-3 sticks of green onions minced

1 tbsps. minced ginger

1-2 tbsp. minced garlic

Then stir in and cook the ingredients below for 3-4 minutes

2 full-size carrots minced and extra juice removed

½ head of cabbage minced and extra juice removed

2-3 sticks of celery minced

1 packet of firm tofu or 4-5 scrambled eggs (protein is optional)

1 bunch of cilantro minced

Then season with spices below

1-tsp ground black or white pepper

2 tbsps. soy sauce

1 tbsps. rice vinegar

2 tbsps. sesame oil

Extra thin Spring Roll wraps can be found in Asian grocery stores. Wrapped spring rolls can be baked in oven. Pre heat to 425 degrees F placed the springs roll in pan in mid rack. Check after 8-10 minutes. Bake until lightly brown and crisp. If toaster oven is used, put the settings on “dark” toast.

**Chinese Dumplings**

For dumpling wrap, mix

3 cups all-purpose flour

1 cup water

Knead the dough until smooth and cover with damp cloth.

Filling

2 full-size carrots minced and extra juice removed

½ head of cabbage minced and extra juice removed

2-3 sticks of celery minced

1 packet of firm tofu or 4-5 scrambled eggs or 1 lb of ground meat

1 bunch of cilantro minced

2-3 sticks of green onions minced

1 tbsps. minced ginger

Then season with spices below

Pinch of salt

1-tsp ground black or white pepper

2 tbsps. soy sauce

2 tbsps. sesame oil

Bring water to boil in a big pot, drop in a few wrapped dumplings.

Push dumplings gently off the bottom of pot.

When pot is boiled again, add ½ cup cold water, bring to boil then add another ½ cup cold water, bring to boil and cook another 2-3 minute.

Dipping Sauce

Vinegar, soy sauce, sesame oil, hot sauce