

# A Sugar + SHAKE Recipe

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## Lumpia

*There are no measurements, so it's all a matter of trying to remember, "Is that how it tasted when Mom made it?" But isn't that what a family recipe is all about? I added a few notes to help you along. Shake's mom always made skinny lumpia, not a whole lot thicker than your finger; it helped them cook faster and—more importantly to her because she hated rare meat—thoroughly.*

- Ground pork (1.5 to 2 lbs. will make approximately two dozen to 30 lumpia, which are then cut in half)
- Green onion, chopped fine (3 or 4 stalks)
- Garlic, chopped fine\* (1-2 cloves; depends how garlic-y you like your food)
- Carrots, chopped fine\* (1 skinny or ½ a fat one)
- Water chestnuts, chopped fine (one can is good for the above amount of pork)
- Salt and pepper
- Lumpia wrappers (one package; you won't need all of it)
- Vegetable oil
- Flour/egg paste (1 tablespoon flour mixed with 1 egg white)

*\*I honestly can't recall if my mother-in-law actually minced these ingredients, but it's what's written in her notebook. I prefer to use a garlic press on the garlic and use a box grater to shred the carrots.*

Mix green onion, garlic, carrots and water chestnuts with the pork and add salt and pepper. Put mixture in lumpia wrapper and roll.

If you're lacking a helpful mother-in-law to show you how to do this, here's how:

Separate the lumpia wrapper sheets from each other first. They stick to each other like crazy, but they're delicate, so be careful. Once separated, they won't stick to each other again, so stack them on a plate.

Spread the filling in a thin line diagonally across a wrapper. Keep the filling to about the size of your finger (maybe your thumb, if you have skinny fingers like me). Leave a couple inches bare on either end of the filling line. Fold one half of the wrapper over the filling and roll tightly around the filling until only a third of the wrapper is left.

Paint along the outer edges of the remaining exposed wrapper with the egg paste. Fold the ends in and continue rolling. This tucks the ends in securely, and the egg paste seals it. (If you're having trouble envisioning this, don't worry—the wrapper package has a nice little diagram.)

Repeat until you run out of filling or wrappers. You can freeze the lumpia like this for several weeks, or even a couple months—just try not to let ice crystals form on them. Defrost before frying. Cut in half. (As long as you've rolled tightly, the filling shouldn't fall out, but the hot oil does seep in through the cut end to help cook the inside. Plus, they're way easier to cook and eat when they're a more manageable 3 to 4 inches, instead of 6 to 8.)

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Deep fry in hot oil. Be careful the oil isn't TOO hot, or else your wrappers will begin to burn before the pork inside is cooked. They should be a nice golden brown color. Drain on a paper towel or baking rack. Eat while they're still hot!

Make an oil and vinegar sauce for dipping. This is what it says in her recipe notebook, but I really can't help you on this one. I am not a dipping sauce fan, so I never actually tasted this. A search online for lumpia dipping sauces turns up many recipes, most of them extremely simple, but none that are strictly oil and vinegar. Find one you like, or use a commercial sauce you like. Lumpia are traditionally dipped in a sauce comprised with that holy duo of Filipino flavors, vinegar and garlic.