



Chiko Rolls

Chiko Rolls are a staple of an Australian diet; nothing satisfies the palate after a long Sunday session quite like a Chiko Roll. This is my version of a classic.

- *Chef Todd Bright for Mallee Rock Wines*

Makes 10 Chiko Rolls

Ingredients

10 sheets of egg roll pastry
200g ground beef or lamb
2 Tbsp butter (30ml)
1 yellow onion, cut in half and finely diced
½ cup carrot (25g)
2 cups green cabbage, finely sliced (200g)
½ cup green onions, diced (115g)
½ cup celery, finely diced (50g)
Salt and pepper
1 cup of cooked CousCous
2 tsp. Brown Sugar
1 Tbsp curry powder (5ml)
2 Tbsp cornstarch (30ml)
1 egg, beaten
1.5 L canola oil, for frying

Method

Make sure that you have pulled the egg roll wrappers from the freezer a few hours before assembling the recipe.

In a non-stick skillet, cook the lamb or beef in 1 Tbsp. of oil until browned and crumbly. Lamb adds more flavour to the roll, but beef is a good substitute.

In another pan, melt the butter on gentle heat and add the onion, carrot, cabbage, green onions and celery and cook until softened. Add salt and

pepper to the mix until it tastes good. Add the beef, couscous, brown sugar, curry powder and cornstarch and cook for another 3 minutes.

Let the mixture cool.

Lay out 1 sheet of pastry. Place about 4 Tbsp. of mixture a quarter of the way into the wrapper forming a log shape. Cover extra wrappers and Chiko Rolls with a damp cloth to stop them from drying out and cracking.

Tuck the left and right side over the mixture, brush with egg and roll the Chiko Roll up from bottom to top keeping it quite tight.

Heat the canola oil in a pot on the stove until the temperature is 300F. Blanch the rolls in the oil for about 7 minutes (at this point we don't want any colour on the rolls). Remove the rolls from the oil and let rest for a few minutes while the oil reaches a temperature of 350F. Place the rolls back in the oil and cook until golden brown. Alternatively, reheat in an oven at 400F for about 12 minutes until brown.

Serve fresh and hot with a healthy dose of Smoky Tomato Ketchup and a glass of Mallee Rock Pinot Grigio!

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