

Collection of Deep Fried Veggie Dishes- 6 Paramitas

Ingredients:

- Group A: carrot , dried Bean curd (DouGan) , green capsicum , fungus , seaweed , shiitake mushrooms
- Group B: Tofu skin (DouPi) , spring roll wrappers
- Japanese tofu pouch
- Fried tofu
- Seasonings: salt , sugar , sesame oil , soy sauce

Method:

First wash vegetables and soak and drain the mushrooms and seaweed, then julienne. Add oil and seasonings to pan until fragrant then add the ingredients from group A and fry. Set aside to cool for a few hours or keep it in the fridge to speed up the cooling process.

Use the Ingredients in Group B to wrap the ingredients in Group A.

Place the left over ingredients from group A and put them into the Japanese tofu pouch and the fried tofu. Steam for 5 minutes.

Steam the tofu skin (DouPi) and fry the spring rolls until golden brown.

Tips:

- 1) To prevent the warmth of the ingredients making the spring roll wrappers soggy make sure to leave the ingredients from group A to cool for a few hours or in the fridge for a while after frying.
- 2) When deep frying spring rolls avoid overheating; constantly turn so that the coloring will be consistent and the taste crispy.
- 3) It is best to mix with sauce.

This dish is called “Six Paramitas” because there are 6 different types of vegetables used. When preparing the recipe feel free to change the types of vegetables used if you wish. However, make sure to either julienne or dice them. Different ways of preparing the vegetable will be best suited to different types of wrappings.

Feel free to experiment with different types of wrapping! ☺