

Lumpia Campesina

By Mero Cocinero Karimi

Elements

- 1/2 red cabbage; 1/2 napa cabbage
- 1 pkg. bean sprouts
- 3.5 carrots
- 3 bell peppers
- 1/2 bulb of garlic
- 1 white onions
- 2 leeks
- Low-sodium tamari or soy sauce
- organic vegetable stock (low-sodium is preferred)
- safflower or canola oil
- 1 package halal lumpia wrappers (30-40 count)

Process

- Slice the onions & mince the garlic
- Julienne the remaining vegetables.
- Heat a little oil (cover the bottom) in a sauté pan (don't waste oil!) with a wooden spoon.
- Place onions and garlic in first. Wait until the flavor spreads across the pan.
- Add the remaining elemental vegetables, along with a bit of soy sauce & vegetable stock. Do not drown them. Allow them to be free and express their true flavors.
- Set aside to cool in steel pan before wrapping
- When veggies are cool, place a lumpia wrapper on a clean surface – preferably a clean cutting board
- Put a spoonful of vegetables on the wrapper.
- With clean hands, bring the veggies 'down to the people' by moving them to the bottom of the wrapper.
- Then, bring the left & the right sides together.
- Finally, the people will rise up as you roll your lumpia (wrap it tightly).
- Set completed Lumpia Campesina on a romaine leaf (1 leaf per Lumpia Campesina)
- Serve with fish sauce or Veracruz peanut sauce or sriracha.

