



## Lumpiang Ubod w/ Buko

If there is one dish that really deserves to be in every Filipino Easter fiesta, it must be the *Lumpiang Ubod* (Coconut Spring Rolls). The main ingredient is taken from coconut shoots, which lends itself to the easter theme of new life and freshness. The following recipe that I will share here is not original to me, however, be rest assured that I tried to incorporate my own ideas like including *buko* (young coconut) as one of the main ingredient, and using rice as starch for the spring roll wrapper. The measurements and instructions are still sketchy-- I find some of the steps in making this dish better shown than written

### INGREDIENTS

#### For the filling

2 - 3 tbsp. cooking oil  
50 gms. cooked chicken breast  
50 gms. cooked shrimps (small size; sliced)  
1/2 cup julienned carrots  
1/2 cup julienned young coconut meat  
1/2 cup julienned coconut shoots  
1/2 cup chicken stock  
1 tsp. minced garlic  
salt and pepper to taste

#### For the wrapper / crepe

3 tbsp rice (soaked in 1/4 cup water overnight and then ground)  
1 medium sized egg  
1/4 cup of water

## PROCEDURE

For the filling:



1. Saute garlic until golden brown.
2. Add in coconut shoots and carrots. Saute for about 2 minutes.
3. Add the chicken and shrimp.
4. Add the chicken stock and simmer for another 3 minutes.
5. The young coconut may be added during the last minute of simmering.
6. Drain extra liquid and transfer to a bowl. Reserve the liquid for the sauce.

For the spring roll wrapper:

1. Combine water and ground rice in a food processor. Blend well.



2. Blend in the egg. You may add a little parsley or celery for color and extra flavor.
3. Put you medium sized non-stick pan on low heat.
3. Put an amount of crepe mixture into medium sized non stick pan just enough to cover the area.
4. Cook the mixture as you cook an ordinary crepe or pan cake.

For the sauce:

1. Mix 2 -3 tablespoons of flour to 1/4 cup of water.
2. Add in the extra liquid drained from the filling.
3. Simmer over medium heat until the mixture thickens.
4. You may add some fresh minced garlic and parsley.

**Assembly:**

1. You may put a leaf of lettuce on top of the crepe.
  2. You may also put some ground peanuts with a little sugar on the crepe (this is practiced in my hometown)
  3. Put two tablespoons of filling on top of your crepe, assemble it 3 - 4 inches long.
  4. Gently but tightly roll the crepe. Using a sushi roller might help yield a good roll.
- Another way is to put the crepe on top of wax paper, and roll the wax paper as you roll a news paper on your hands.