

Pomfret Recreation sponsors a cooking class!

Make your own Egg Roll Class!



Saturday, January 16th starts at 10:30 am (2 hour class)

Pomfret Senior Center (207 Mashamoquet Rd)

Fee: \$10.00 per person Instructor: Ms. Tina Kelly

EGG ROLLS ARE: are very thin flat piece of dough that is wrapped around a mixture of chopped vegetables/meat and then usually fried.

We will use glass noodles, onions, carrots, cabbage, eggs, ground pork, dried mushrooms, and spring roll pastry.



Cooked ground pork will be available to be added to the rolls. We will also make the dipping sauces (Clear & Duck Dipping Sauces)

Egg Rolls make for an awesome packed lunch that is light and healthy. A bonus is that you can find these ingredients year round, so you make these any time you'd like. They also make for a pretty appetizer and lovely for entertaining!

Ages: 12 and up. Under 16 must be have adult supervision

Egg Roll Class on 1/16/16. Please mail and make your checks payable to: Pomfret Recreation Dept., 5 Haven Rd., Pomfret Center, CT 06259. Questions: 974-1423. Or email: Barbara.Gagnon@pomfretct.gov

Name: _____ Email address: _____

Home Address: _____

Home Phone # _____ Emergency Phone # or Cell # _____

Do you have any allergies or illnesses that we need to be aware of that may interfere with preparing or eating the food prepared in this class? Yes or NO If Yes, please explain _____

\$10.00 paid on ck. # - _____ or paid in cash

Please note: There are certain risks involved with participating in any Pomfret Recreation activity or event and I am willingly to assume these risks for myself/my child. I hereby waive and release all other participants, the Town of Pomfret, Pomfret Senior Center, Class Instructors, any and all others involved from all claims and/or damage incurred with this program. Please be aware that by signing this form you are releasing the Town of Pomfret and its instructor, from any and all responsibility or liability for any injury or illness resulting from touching or consumption of any food or beverage. No refunds unless there is a wait list for the program.

Signature _____ Date: _____

Egg Rolls:

Glass noodles

Onions

Carrots

Cabbage

Eggs

Ground Pork

Dried Mushrooms

Spring Roll Pastry

1 Gallon peanut oil for frying

Clear Dipping Sauce:

2 cloves garlic

1 1/4 Cups Cider Vinegar

2 Cups Fish sauce

2 1/2 Cups Sugar

4 Cups Cold Water

1 Teaspoon chili garlic sauce

Duck Sauce:

1 Cup plum sauce

1 Cup apricot preserve

1 Cup peach preserve

1 Cup apple sauce

2 Teaspoons dry mustard

1/2 teaspoon garlic powder

1/2 cup Chili sauce (maybe less)