



Spotlight Halal: **Egg Rolls (Spring Rolls)**

Spotlight Halal is a collection of food and ingredient articles from IslHaram.com.

This article can be found online at: <http://www.isitharam.com/features/eggrolls.jsp>

WHAT IS IT?

The egg roll and its cousin the spring roll are deep-fried Chinese appetizers stuffed with shredded vegetables, shrimp and/or meat. They have become a staple of Asian cuisine the world over.

Though similar to the spring roll, the egg roll is generally larger; has a thicker, chewier, puffier skin; is crunchier; and has more filling, however, the terms 'spring roll' and 'egg roll' are often used somewhat interchangeably. The terms 'summer roll,' 'cold roll,' 'spring roll,' and 'garden roll' all refer to the non-fried versions of this food.

In Chinese-American Restaurants, egg rolls are typically stuffed with cabbage and usually bits of meat or seafood – most often **pork** or shrimp. They are a standard component of Chinese fast food combination plates.

HOW IS IT MADE?

Both Egg Rolls and Spring Rolls are made by wrapping a combination of chopped vegetables (often cabbage, carrot and bean sprouts), **pork**, chicken or seafood, and sometimes noodle, in a thin sheet of wheat or rice based dough, then deep-frying the package until crispy.

*-- Try our **halal** Chicken & Shrimp Spring Rolls recipe for your next party. --*

WARNING LEVEL: HIGH

For those among us who grew up eating Chinese restaurant favorites such as chicken fingers, egg rolls, fried rice and egg foo yung, these dishes can still tempt. Many Muslims take the approach of simply adapting their order, ordering "vegetable" or "shrimp" versions of their favorite Chinese foods: vegetable / shrimp fried rice, vegetable egg foo young, shrimp egg roll, etc.

This approach is flawed and dangerous. Pork is an inseparable, integral ingredient of most Chinese cuisine. It forms the basis for the master soup broths used for hot and sour and wonton soups, for sauces such as 'brown sauce,' 'lobster sauce,' and for egg foo yung gravy. In typical Chinese restaurants, the popular entrée '**sweet and sour pork**' and the ubiquitous **pork egg roll** are both deep-fried in the same oil as the Muslim's vegetable or shrimp egg roll.

Islamic Law says that when an otherwise *halal* food is contaminated with a *haram* substance, it too becomes *haram*. When an '*halal*' egg roll is fried, the **pork-contaminated frying oil saturates it inside and out, rendering the vegetable egg roll as *haram* as the pork-filled egg rolls are.**



PORK(?)

Egg Rolls are popular Asian deep-fried pastries. They are filled with vegetables, shrimp and/or meat.



An egg roll, as typically prepared in Chinese-American restaurants.

For egg rolls made at home, choose wrappers whose current ingredient list and certification meet your dietary requirements. Check the filling and cooking oil separately.

WHAT DOES PORK(?) MEAN?



PORK(?) is the rating that we give to any food that likely, but not always, contains **pork** or a **pig-derived product**. The **"?"** next to the **pig** on the icon, coupled with the information we provide in the detailed food description, prompt you to take a second look at foods that you otherwise may not have suspected. Ask informed questions of your waiter when dining out. Take a closer look at the Ingredients list on food packaging. Our goal at IsItHaram.com is to provide you with practical information that helps you make informed decisions about the foods you eat.

AMNA Muslim Food Advisor, a service of IsItHaram.com, rates Egg Rolls as **PORK(?)** because the method by which they are most commonly made causes them to be contaminated with pork, regardless of the filling contents. To search food ratings online, visit IsItHaram.com and enter a food in the AMNA Online search box on the right-hand side of the screen.

SPECIAL NOTE: ISLAM IN CHINA / CHINESE MUSLIM CUISINE (清真菜)

Islam has a long history in China, reaching that country even before Quraish adopted Islam - before the conquest of Mecca (عام الفتح). In the year 650, the maternal uncle of the prophet Mohammed (صلى الله عليه وسلم), *Sa`ad ibn Abi Waqqas*, was sent as an official envoy to Emperor Gaozong during Caliph Uthman's era. Today, the Muslim populations of China are concentrated in the northwest provinces, with significant numbers in the southwest and central Chinese provinces of Yunnan and Henan. Of China's 55 officially recognized minority peoples, ten groups are predominately Muslim. These are the Hui, Uyghur, Kazakh, Dongxiang, Kyrgyz, Salar, Tajik, Uzbeks, Bonan, and the Tatar.

The term '*halal*' is translated into Mandarin Chinese as 'pure truth' or *qingzhen* (清真). Therefore, the cuisine of ethnically Chinese Muslims is known as *qingzhen* food.

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RECIPE: HALAL CHICKEN AND SHRIMP SPRING ROLLS

For egg rolls made at home, choose wrappers whose current ingredient list and certification meet your dietary requirements. Check the filling and cooking oil separately.