

Recipe for Recovery

In the mid 80's, looking for fulfillment, I started a small catering business from home.

It would take me a whole day to make a "batch" of whatever it was I was cooking. Take for example, spring rolls, I would take my kids to school, come home and get ready to cook a "batch". I had to use something to get motivated, so I would smoke a joint and turn on my cooking music.

I would gather all of the needed ingredients and utensils. That process may have taken an hour or so and by then I would need to "top up", meaning I would have to smoke another joint. By then it was time to pick up my kids for lunch, so I would get them, bring them home, give them lunch return them to school, come home "top up" and start cooking. I would need to "top up" periodically throughout the afternoon to remain focused and get the job done.

The kids would come home from school and I would still be cooking. My husband would come home from work and I was still cooking! I would finish up at about 6pm and I would have produced about 100 beautiful spring rolls. I was always exhausted! We would have to order in dinner because I was too tired to cook anything else.

Following treatment for my substance dependence disorder, I didn't think that I would ever be able to cook like that again. I thought that I needed to use substances in order to focus and create new recipes. I avoided spending time in my kitchen.

When I was about 6 months clean and sober, my sponsor instructed me to face this fear. I decided to make a batch of spring rolls.

I took my kids to school and came home. I laid out my ingredients and cooking utensils, turned on my cooking music and then I started creating spring rolls. By the time I had to pick up my kids for lunch, I had finished making a huge amount of spring rolls and cleaned up the kitchen! Not only did I still have it, I was better and much more efficient!

It became more and more clear to me as I gained sobriety/clean time, that so much of my daily tasks and simple activities of daily living had been distorted and difficult because of my substance use. Step 1 of the Alcoholics Anonymous 12 step program "We admitted we were powerless over alcohol- that our lives had become unmanageable", made more and more sense to me, substance use had been the biggest cause of the unmanageability in my life.



My Spring Rolls Recipe

1 tablespoon oil
1 ½ cups finely shredded carrots
1 ½ cup finely shredded cabbage
1 ½ cups mung bean sprouts
1 ½ cups glass noodles soaked in cold water for 5 minutes

Sauce

1 ½ tablespoons sugar
1 ½ tablespoons lite soy sauce
1 ½ tablespoons oyster sauce or hoisen sauce
Pepper to taste

12 spring roll wrappers
1 egg beaten
Oil for deep frying

- 1- Put 1 ½ tablespoons of oil in wok and heat over low heat, add the carrots and cabbage and stir fry for 2 minutes. Add the bean sprouts and glass noodles and then the sauce ingredients. Stir fry to combine and remove to a plate.
- 2- Divide the mixture into 12 portions. put some mixture into the center of the spring roll wrapper and fold one side over the mixture, fold in both sides and roll up tightly, seal the edge with the beaten egg(brush some egg on the fourth edge before completing the rolling process). While working keep the spring roll wrappers covered with a damp cloth as they will dry out very quickly.
- 3- Put enough oil into the wok to deep fry the spring rolls in 2 or 3 batches depending on the size of your wok. Add the spring rolls and turn while cooking. Cook until golden brown. Drain well.
- 4- Serve with dipping sauce such as plum sauce or Thai chili dipping sauce.

ENJOY!