



Fresh Mill Egg Roll Wrappers

So thin and crispy you won't miss the refined version

Ingredients

- 125 g wheat berries, Durum
- 100 g egg, whole (2 large eggs)
- 12 g water, cold (1 tbsp water (optional))
- 3 g sea salt

FLOUR FOR ROLLING OUT THE DOUGH

- 120 g flour, any (1/2 cup flour (approximate) (for dusting the board))

FAT FOR FRYING

FILLING INGREDIENTS

FOR WRAPPING ROLLS

- 60 g water (1/2 cup for brushing wrappers)

Directions

1. Mill the flour to the finest setting possible and place in a mixing bowl.
2. Crack 2 eggs into the bowl, and add water, sea salt and nutmeg (if using).
3. Mix into a dough with a spatula or danish dough whisk.
4. Let the dough rest for 1 hour (or more) to absorb the moisture.
5. Prepare the Filling:
6. Dice one onion and 4 mini bell peppers, and some mushrooms if you like.
7. Sauté the shaved beef, and caramelize the onions and other veggies (of your choice)
8. Melt the cheese on top of the meat, and then remove from the griddle and place into a mixing bowl.
9. Deglaze the pan (I used Worcestershire sauce) to get the flavorful bits off the griddle, and impart extra flavor into the veggies.
10. Remove the veggies from the griddle and mix them with the meat in the bowl.
11. Cut the meat with food scissors, so they mixture doesn't have large hunks of meat, and set to the side.
12. Prepare the Dough:
13. Place the dough onto a floured board, flatten it gently with your hands, and then flip it over to flour the other side.
14. Machine Rolling:
15. Roll the dough until it is thin enough to fit through your pasta roller's widest setting, dusting the dough with flour as you go so it doesn't stick to your board or your rolling pin.
16. Section the dough into six pieces for easier management when you roll.
17. Be sure your flour is not damp or sticky. If it is, dust both sides with flour before rolling. Each piece of dough should go through the machine two times, in opposite directions each time.
18. If the dough looks too narrow in some places or longer on the ends, you can fold the dough into thirds, and roll it thin with your rolling pin. Re-process that dough. I usually do this on the next widest number, and then turn the number back down to where you were in the process. My machine has 8 settings, so each piece of dough will run through 16 times, with setting 1 being the last (the thinnest setting).
19. Section the dough into squares, and roll each one by hand until it is a 6" x 6" square and paper thin. Roll from the center of the dough towards the edges, then flip and turn the dough and do it in the other direction to maintain a

square shape.

20. Gather pieces in a pile. Those can be pressed together and rolled out again to make more wrappers. First in the machine, and then by hand. It makes approximately 16 wrappers.
21. Rolling By Hand:
22. Section the dough into 16 pieces, shaping each one into a square shape. The process will work best rolling out each piece a little, and letting it rest while you shape the others.
23. Continue to repeat this process until the wrappers are 6" squares and paper thin. Separate them with either wax paper or parchment paper (cut to 6" squares for reference) so they don't stick together.
24. Wrapping the Rolls:
25. Place a square on your board, and place 2 tbsp. of filling into the center of the wrapper from corner to corner, leaving a gap of approximately one inch.
26. Brush the edges of the wrapper with water using your fingers (I won't tell) or a pastry brush.
27. Fold the corners over the ends of the filling, then press the sides of the fold into the wrapper to help hold the filling in.
28. Pickup one of the other two corners, and wrap it over the filling. Tuck in any filling peeking out, as you roll it over toward the other corner.
29. The roll will seal up, thanks to the water!
30. Set on parchment, and consider flouring it lightly if your filling is very wet, so they don't stick.
31. Cooking the Egg Rolls:
32. Place about 1/2 to 1 cm of oil into a small frying pan, and heat it to at least 350 F. It's important that the oil is hot enough so your egg rolls aren't grease-soaked. The point of frying is to cook and seal the dough, not saturate your food with grease. High heat is required for this step. (Use your instant read thermometer to check).
33. Gently add the egg roll to the pan, letting it cook for 30 seconds or so until golden brown, then remove from the pan. Don't forget the ends! Using tongs really helps with this.
34. Alternatively, if you have a deep fryer, you could use that. If you wanted to instead use your air fryer, you could brush the egg rolls with melted butter and crisp them up in that (you'll have to experiment, though, I didn't try that.)
35. Storing:
36. You can freeze the wrappers, and thaw them later if you don't want to prepare the entire recipe the same day. You may need a little more water when wrapping as the freezer dries them out a little.
37. You can freeze your egg rolls on a sheet pan individually, then place them into a bag to store together for quick re-heat meals that are freshly milled and delicious. These would be especially good for entertaining, or for a night you miss ordering out and don't feel like cooking.

Notes