



# Egg Roll Wrappers with chia

Recipe Gluten-free, dairy-free (casein-free) and hypotoxic

By: Cuisine l'Angélique

YIELD : 16 EGG ROLLS

PREPARATION: 25 MINUTES

REFRIGERATION: 6 HRS

## INGREDIENTS

- 175 g (1 1/4 cups) all-purpose flour "[La Merveilleuse](#)"
- 1 ml (1/4 tsp) salt
- 20 g (2 tbsp) white chia\*
- 160g (2/3 cup) water
- 50 g (1/4 cup) light olive oil

## PREPARATION

1. In a medium bowl, combine flour and salt. Set aside.
2. Finely grind the chia seeds in a coffee grinder and put in a bowl with water and olive oil. Use a whisk to make smooth. Let rest for 15 minutes.
3. Pour the liquid mixture over the flour mixture and stir until all the flour is absorbed.
4. On a lightly floured work surface, knead the dough for about 5 minutes, using as little flour as possible. The texture of the dough will gradually change, becoming really smooth.
5. Let the dough rest in the refrigerator for a minimum of 6 hours, ideally overnight, covered with plastic wrap.
6. Roll out the dough by hand with a rolling pin or with a pasta machine. Roll it ideally as thin as possible.
7. Fill the dough with the filling of your choice, prepared beforehand.



A



B



*I am very happy to have achieved the feat of making egg rolls without eggs. It is not often noted, but the name "egg" rolls refers to the dough made from eggs. With my recipe, anyone who doesn't eat eggs can once again cook this classic of Chinese cuisine.*

## TIP

\* I like to use white chia because I have observed a difference in the absorption of liquid, compared to the black chia. The best results are therefore with the white chia.

Refer to this video to see the whole technique:



## STEPS

- Place a length of parchment paper at the bottom of the pasta machine and lightly flour it. The parchment will accommodate the dough and prevent it from sticking to the counter.
- Process the thinnest sheet possible using a pasta machine. Follow the instructions specific to your model for this step. Process a small amount at a time, taking care to flour the dough and put a little flour in the roll of the machine. In the absence of a pasta machine, use a rolling pin and roll as thinly as possible on a lightly floured parchment paper.



C



D



E



F

- Cut the dough into 4-inch (10 cm) squares. Brush the contours with a beaten egg or water, as needed.
- Place 30 ml (2 tablespoons) of filling in the centre of the square.
- Fold the square back to the centre. Brush the end of the square with the beaten egg or water, as needed.
- Bring the other side of the square to the center, over the other part. This will close the egg roll. Then seal the sides by pressing firmly with your fingers.
- Brush the sealed parts (center and extremities) with beaten egg or water.
- Place egg rolls on a baking sheet lined with lightly oiled parchment paper. Brush the top of the egg rolls with a little oil.
- **Traditional cooking:** Bake in preheated oven at 350° F (180° C) for about 30 to 40 minutes, turning the egg rolls halfway through cooking. They will be ready when they are golden brown.
- **Hypotoxic cooking:** Bake in preheated oven at 230° F (110° C) on the center rack for about 1 hour and 15 minutes to 1:30 a.m., turning the egg rolls halfway through cooking. They will be ready when they are golden brown.
- **Deep frying:** Another traditional way to cook egg rolls is to fry them. Follow the manufacturer's instructions of your fryer.

#### NUTRITION FACTS

Per portion: 240 Calories  
2 vegetarian egg rolls

Fat: 12 g	18 %
Saturated 1,5 g	
Trans 0,1 g	8 %
Polyunsaturated: 2,5 g	
Omega-6: 1 g	
Omega-3: 0,9 g	
Monounsaturated: 8 g	
Cholesterol: 0 mg	
Sodium: 390 mg	16 %
Carbohydrate: 30 g	10 %
Fibres: 4 g	16 %
Sugars: 4 g	
Protéines: 4 g	
Vitamin A	35 %
Vitamin C	70 %
Calcium	6 %
Iron	8 %
Manganese	45 %
Phosphorus	15 %
Vitamin K	40 %