

Whole Wheat Wonton Wrappers with Malted Flour



In collaboration with [Coop Boomerang](#), a company dedicated to fighting food waste, we've innovated to increase the fiber content of our wonton wrapper recipe. We replace 15% of our regular flour with malted flour, obtained from the malting of grains used in brewing beer. This change not only adds fiber but also imparts a unique and delicately sweet flavor to our wontons. Malted flour is particularly rich in fiber, and its production preserves the essential nutrients of the grain.

Preparation 60-75 min

Cooking 3-6 min

Waiting 45 min

Servings 4 (35-40 wontons)

Nutrition Facts (per serving)

Calories 300

Fat 3

Carbohydrates 60

Fibre 4

Protein 10

Sodium 0

Ingredients

- 275 g (about 2 cups) all-purpose wheat flour
- 45 g (about 1/4 cup) malted flour (Boomerang brand)

- Cornstarch or tapioca flour, as needed

Preparation

1. In a large bowl, combine the all-purpose wheat flour and malted flour.
2. Pour in the hot water and mix until the dough becomes granular.
3. On a clean work surface, knead the dough for 2-3 minutes.
4. Cover the dough with a damp cloth and let it rest for at least 45 minutes.
5. After resting, knead again for 30-60 seconds and form a ring by making a hole in the center of the dough.
6. Divide the dough into pieces of 12-14 g (about 1 tbsp) each.
7. Shape each piece into balls, then flatten them into 3-4 cm diameter disks using a rolling pin.
8. Lightly sprinkle each disk with flour to prevent sticking.
9. Fill and fold in half, ensuring the edges are well sealed. Here's a [vegetarian filling recipe](#) that you might like!
10. Boil the wontons for 3-6 minutes or until the filling is well cooked.

Notes

To freeze or refrigerate, dust with cornstarch or tapioca flour, cover with plastic wrap, and place in an airtight container. Refrigerate for up to 1 day. Can be frozen for up to 1 month.



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