

- Prep Time: 20 Minutes
 - Cook Time: 12-16 Minutes (Total, in batches)
 - Total Time: 35-40 Minutes
 - Yield: 12 Large Egg Rolls
 - Difficulty: Intermediate (Requires rolling technique)
 - Intensity Level: Moderate (Involves hot oil frying)
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Ingredients

To achieve the perfect balance of flavor and texture, quality ingredients are key. Here is what you will need:

The Filling:

- 12 oz. Cooked Ham: You can use thick-cut deli ham slices, diced leftover spiral ham, or even chopped ham steaks. Avoid overly wet ham.
- 12 oz. Cheese: We recommend a blend for the best “cheese pull.”
 - *Option A:* 8 oz. Swiss cheese (shredded) + 4 oz. Cream Cheese (softened).
 - *Option B:* 8 oz. Sharp Cheddar (shredded) + 4 oz. Mozzarella (shredded).
- 4 oz. Cream Cheese (softened): Essential for binding the ingredients and preventing a dry filling.
- 2 tbsp. Dijon Mustard or Honey Mustard: This adds the necessary acidity to cut through the fat.
- 2 stalks Green Onions: Finely chopped (optional, for color and bite).

- 1 tsp. Garlic Powder.
- 1/2 tsp. Black Pepper.

The Assembly:

- 12 Egg Roll Wrappers: Look for these in the refrigerated section of the produce aisle (usually near tofu).
- 1 Egg: Beaten (for egg wash).
- 2 tbsp. Water.

For Frying:

- 4-6 cups Vegetable or Canola Oil: For deep frying.
 - *Alternative:* Cooking Spray (if air frying).
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Equipment Needed

- Deep, heavy-bottomed pot or Dutch oven (for frying).

- Candy/Deep-fry thermometer.
 - Large skillet.
 - Mixing bowls.
 - Clean kitchen towel (to keep wrappers moist).
 - Slotted spoon or spider strainer.
 - Wire cooling rack.
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Instructions

Phase 1: Preparation (Time: 10 Minutes | Intensity: Low)

1. Prepare the Workspace:

Set up your station before you get your hands dirty. You will need a clean, dry surface for rolling, a small bowl with your beaten egg and water (egg wash), and a plate lined with paper towels for the finished rolls. Keep your egg roll wrappers covered with a damp paper towel. If they dry out, they will crack and tear, making the rolling process frustrating.

2. Cook the Ham (If Necessary):

If you are using thick-cut ham steaks, dice them into small, 1/4-inch cubes. Heat a skillet over medium heat (Intensity: 5/10). Sauté the ham for 3–4 minutes just to remove excess moisture and warm it through. If using deli ham, you can skip this step, but pat it dry with a

paper towel to prevent soggy egg rolls.

3. Create the Filling:

In a large mixing bowl, combine the softened cream cheese and mustard. Stir until smooth. Add the shredded cheese, chopped ham, green onions, garlic powder, and black pepper. Mix well with a sturdy spoon or your hands until all ingredients are evenly distributed. The mixture should be thick and sticky.

Phase 2: Assembly (Time: 15 Minutes | Intensity: Moderate)

4. The Rolling Technique:

This is the most critical step. Lay one wrapper on your work surface in a diamond shape (corner pointing towards you).

- Step A: Place about 3 tablespoons of the filling near the bottom corner. Do not overstuff, or they will burst.
- Step B: Fold the bottom corner over the filling and tuck it tightly under the filling. Roll once.
- Step C: Fold the left and right corners into the center (like an envelope).
- Step D: Dip your finger in the egg wash and run it along the top edges of the wrapper.
- Step E: Continue rolling tightly upwards until sealed. Ensure there are no air pockets.

5. Rest the Rolls:

Place the rolled egg rolls on a plate. Repeat with the remaining filling and wrappers. *Pro Tip: If you are not frying immediately, cover them with a damp paper towel to prevent drying.*

Phase 3: Cooking (Time: 12-16 Minutes | Intensity: High)

6. Heating the Oil:

Pour oil into your heavy-bottomed pot to a depth of about 2 inches. Heat over medium-high heat (Intensity: 7/10). Use your thermometer. You are looking for a temperature of 350°F (175°C) . If the oil is too cold, the rolls will be greasy. If it is too hot, the wrapper will burn before the cheese melts.

7. The Fry:

Carefully place 3-4 egg rolls into the oil using tongs or a slotted spoon. Do not overcrowd the pot, as this drops the temperature.

- Time: Fry for 3 to 4 minutes per side.
- Visual Cue: The rolls should turn a deep, golden brown.
- Intensity: Maintain the heat at a consistent medium-high. Adjust the dial as needed to keep the temperature between 325°F and 350°F.

8. Draining:

Once golden brown, remove the rolls with a slotted spoon and place them on a wire rack set over a baking sheet (or paper towels). This keeps them crispy rather than steaming them soggy on a plate.

Phase 4: Air Fryer Alternative (Time: 10 Minutes | Intensity: Medium)

If you prefer not to deep fry, preheat your air fryer to 400°F (200°C) .

- Step 1: Brush the egg rolls generously with oil (or spray with cooking spray).
 - Step 2: Place them in the basket in a single layer (cook in batches).
 - Step 3: Air fry for 6 minutes. Flip.
 - Step 4: Air fry for another 3–5 minutes until golden and crispy.
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Serving Suggestions

Ham and Cheese Egg Rolls are best served hot, while the cheese is still gooey.

- Dipping Sauces: These pair beautifully with a variety of dips.
 - *Classic:* Honey Mustard or Dijon.
 - *Creamy:* Ranch or Blue Cheese.
 - *Spicy:* Sriracha Mayo or Buffalo Sauce.
 - *Sweet:* Raspberry Jam (surprisingly delicious with ham and Swiss).
- Accompaniments: Serve alongside a crisp garden salad or a bowl of tomato soup for a

complete meal.

Storage and Reheating

- Refrigerator: Store cooled egg rolls in an airtight container for up to 3 days. Note that the wrapper will lose its crispness.
 - Freezer (Uncooked): This is the best method for meal prep. Assemble the rolls, place them on a parchment-lined baking sheet, and freeze solid. Once frozen, transfer to a Ziploc bag. They can be frozen for up to 3 months.
 - *To Cook from Frozen:* Do not thaw. Fry at 350°F for an additional 2–3 minutes, or air fry at 400°F for 10–12 minutes.
 - Reheating: To restore crispiness, reheat in an air fryer at 375°F for 4–5 minutes. Avoid the microwave, as it will make the wrapper rubbery.
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Nutrition Facts

Disclaimer: The following nutrition information is estimated based on standard ingredients and deep-frying methods. It is for informational purposes only and should not be considered a substitute for professional medical or dietary advice.

Serving Size: 1 Egg Roll (Deep Fried)

Servings Per Recipe: 12

- Calories: ~220 kcal
- Total Fat: 14g
 - Saturated Fat: 6g
 - Trans Fat: 0g
- Cholesterol: 45mg
- Sodium: 580mg
- Total Carbohydrates: 14g
 - Dietary Fiber: 1g
 - Sugars: 1g
- Protein: 10g
- Vitamin D: 2% DV

- Calcium: 15% DV
- Iron: 6% DV
- Potassium: 4% DV