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by Nestle

Saudi Puff Pastry with Meat



Ingredients

3 cups Plain flour or 420 g
1 teaspoon Salt
1 Egg
3 tablespoons Ghee
3/4 cup Water or 190 ml
For the stuffing:
750 g minced beef
2 medium Onions or 300 g, finely chopped
1 teaspoon ground black pepper
2 cubes MAGGI Chicken Stock, dissolved in 3 tablespoons water
2 cups oil for deep frying

Preparation

- 1 Sift the flour in a large bowl. Make a well in the center and add ghee and egg.
- 2 Rub flour with fingertips adding little water gradually and mixing thoroughly to form homogenous dough.
- 3 Divide the dough into 4 portions. Cover and set aside for 1 hour.
- 4 Combine the minced meat with onion, black pepper and the dissolved MAGGI Chicken Stock. Mix well and set aside.
- 5 Roll out each piece of dough. Using a cup and cut the dough into round pieces. Place a tablespoon of meat mixture in the center of each piece and seal the edges by twisting them.
- 6 Deep fry the meat puffs in 180°C preheated oil until golden brown. Serve hot.

Cooks Note

(Source)