

Homemade Manti Traditional Turkish Dumplings

Jacob · 29/09/2024



Prep Time

30 mins

Dificult

Medium

Servings

1 hr 30 mins

Description

This manti recipe for dumplings takes time to prepare but Im sure youll agree it is worth it Manti is a popular meal in my country Afiyet olsun bon appétit

Ingredients

- - 2 cups all-purpose flour
- plus more for dusting - ½ teaspoon salt - 2 large eggs - ½ teaspoon water
- or as needed - 2 onions
- peeled - ½ pound ground beef - salt and pepper to taste - 3 tablespoons vegetable oil - 1 tablespoon red pepper flakes - 1 (8 ounce) container plain yogurt - 1 tablespoon minced garlic

Instructions

1. Make dough: Combine flour and salt in a large bowl. Add eggs and water
2. mixing well with your hands. Add more water
3. if needed
4. to form a soft dough. Cover and set aside for at least 30 minutes. Make filling: Shred onions and place them in a colander or sieve set over a bowl; drain and discard juice. Combine drained onion
5. ground beef
6. salt
7. and pepper in a medium bowl; mix well with a spoon until mashed. Set filling aside. Lightly flour a work surface and a large plate. Divide dough in half. Working with one piece at a time
8. roll dough on the floured surface into a rectangle as thin as possible. Cut into 2-inch squares using a knife or pastry wheel. Place about 2 teaspoons filling in the center of each square. Gather the edges of dough and pinch them together at the top to form a bundle. Transfer manti to the prepared plate; sprinkle more flour on top to prevent sticking. Make oil: Heat oil and red pepper flakes in a small skillet over low heat just until pepper flakes begin to color oil. Remove from heat and keep warm. Make sauce: Stir together yogurt and garlic in a small bowl; set aside. Bring a large pot of salted water to a boil over medium-high heat. Cook manti in boiling water until filling is no longer pink and dough is tender
9. 20 to 25 minutes. Drain well. Divide manti onto 4 plates. Spoon yogurt sauce over manti and drizzle with pepper oil. Recipe Tip You can use ground lamb or other ground meat instead of beef if you prefer.