

Jamaican Beef Patties

Oscar · 29/09/2024



Prep Time

1 hr 10 mins

Difficult

Medium

Servings

10

Description

This Jamaican beef patty recipe makes delicious curryflavored beef pastries popular in Jamaica and other Caribbean islands. Try serving them with peas and rice or have them as a snack.

Ingredients

- - 2 cups all-purpose flour - 1 ½ teaspoons curry powder - 1 pinch salt - ¼ cup butter or margarine - ¼ cup shortening - ¾ cup water - 2 tablespoons butter - 1 pound ground beef - 1 small onion
- finely diced - 1 Scotch bonnet pepper - stemmed
- seeded
- and minced - 1 teaspoon curry powder - 1 teaspoon allspice - 1 teaspoon ground cloves - 1 teaspoon dried thyme - 1 teaspoon freshly ground black pepper - pinch of salt - 1 beef bouillon cube - ½ cup water - 2 tablespoons browning seasoning sauce - 1 bay leaf - ½ cup dry bread crumbs - 1 egg
- beaten

Instructions

1. Gather all ingredients. Preheat the oven to 400 degrees F (200 degrees C). Dotdash Meredith Food Studios Prepare pastry: Combine flour
2. 1 ½ teaspoons curry powder
3. and salt in a bowl. Cut in butter and shortening until mixture resembles coarse crumbs. Dotdash Meredith Food Studios Stir in water until mixture forms a ball. Dotdash Meredith Food Studios Shape dough into a log and cut it into 10 equal pieces. Roll each piece into a 6-inch circle (approximately 1/8-inch thick) on a lightly floured surface; set aside. Dotdash Meredith Food Studios To make the beef filling: Melt butter in a skillet over medium heat. Sauté onion and diced Scotch bonnet pepper until soft
4. about 2 minutes. Stir in ground beef; season with 1 teaspoon curry powder
5. allspice
6. ground cloves
7. thyme
8. pepper
9. and salt. Cook
10. stirring constantly
11. until beef is evenly browned
12. 8 to 10 minutes. Crumble in bouillon cube and stir in 1/2 cup of water and browning sauce until well combined; add bay leaf and simmer until liquid is absorbed. Remove skillet from heat; discard bay leaf and stir in bread crumbs. Dotdash Meredith Food Studios Spoon equal amounts of filling onto each pastry circle. Dotdash Meredith Food Studios Fold over and press edges together
13. making a half-circle. Use the back of a fork to seal edges
14. then brush tops with beaten egg. Place pastries on a baking sheet. Dotdash Meredith Food Studios Bake in the preheated oven until golden brown
15. about 30 minutes. Dotdash Meredith Food Studios From the Editor This recipe was tested in our test kitchen in May 2024 and updated to include allspice
16. ground cloves
17. and a Scotch bonnet pepper for additional flavor in the beef filling.