



PELMENI (*makes approx. 35-40 pelmeni*)

Recipe by MAI NGUYEN

Dumpling Dough (recipe below)

Beef Filling (recipe below)

3 tbsp butter

¼ cup chopped dill

¼ cup sour cream

2-3 tbsp white/white wine vinegar

Salt and pepper to taste

- Divide the dough in half. Roll out half the dough into a thin sheet (approx. 1mm thick). Cut 3-inch circles out of the sheet of dough.
- Place a teaspoon of filling into the center of the wrapper. Bring the edges of the wrapper together, forming a crescent shape, ensuring to seal the edges tightly. Bring the two ends of the crescent together, pinching the excess dough together to form a circle.
- Repeat until you've used up the filling/dough.
- Bring a large pot of water to boil. Once the water is up to a rapid boil, add the desired amount of pelmeni you'd like to serve (10-15 per serving).
- Boil for 7-10 minutes or until the internal temperature of the pelmeni have reached 72 C.
- Remove the butter from the water and toss with butter, vinegar, salt and pepper.
- Plate up the pelmeni and top with sour cream and dill.

Dumpling Dough

300g all-purpose flour (approx. 2 1/3 cup of flour)

1 large egg

120ml water

1/2 tsp salt

- Mix the salt, egg, and water together.
- Add to the flour and mix with a spatula until a shaggy dough is achieved. Using your hands gather the shaggy bits of dough into a ball and knead until a relatively smooth ball of dough is achieved. Cover with plastic wrap and rest for 30 minutes.

Beef Filling

*1 lb ground beef (pork or chicken can be used as well)**

1 medium yellow onion (finely chopped/grated)

1-2 cloves garlic, finely minced

2 tbsp water

1 tsp sugar

Salt and pepper to taste

- Mix all ingredients together until a homogenous mixture is achieved.
- Cook up 1 tsp of the filling to taste for seasoning. Adjust seasoning if necessary.

*It's very common to use a 50/50 mix of both pork and beef combined.

EQUIPMENT

Cutting board and knives

Mixing bowls

Pot

3-inch round cutter

Instant read thermometer

Digital weighing scale

Pasta roller (recommended)