

“KHUUSHUUR”

MONGOLIAN FRIED MEAT POCKETS



This dish is made of minced lamb or beef, and it is typically served with salad. It is important to follow the step-by-step guide in order to achieve the perfect khuushuur.

- Serving size 4
- Preparation time 30min
- Cooking time 20 min
- Total time 1 hour

Knife, cutting board, dough roller, two large bowls, spoon and medium sized frying pan we need.

INGREDIENTS:

For filling:

- 1 pound of minced beef (460 gm)
- 1/4 onion
- 1/2 tablespoon of salt
- 1/2 teaspoon of black pepper

For Khuushuur Dough:

- 3 cup all purpose flour
- 1 cup water

For Fry:

- 1/2 cup canola oil

Prepare the Filling

1. Mix minced meat, onion and black pepper.
2. Add salt

Prepare the dough

1. Mix flour and water to create a pliable dough. Let it rest for 15 min.
2. Cut the dough into 3 cm (1.2 in) thick slices, roll the slices.
3. Cut the rolls into pieces of 4 cm (1.6 in), flatten the pieces with a finger.

Steps

- The pieces of dough are rolled into circles of about 10 cm (4 in) diameter, making the center slightly thicker than the edge.
It is best only to roll as many circles you can process further within a few minutes. Forming the pockets will be more difficult when the dough is already starting to get dry.
- Hold one circle the open hand (the left one for righties) and place about one and a half tea spoon of the meat mass on one half, so that some space along the edge is left free.
- Fold the circle in half with fingers and palm, so that the edges meet over the meat.

- The finished Khuushuur are fried in oil- medium heat until golden brown (one side approximately 2 min)
- The head produces steam within the pockets, causing some juice to drip out after a while, which will splash around when hitting the hot oil. It is recommended to cover the pan with a screen to keep the oil in.

The tradition mongolian cuisine knows very little vegetable, so that the Khuushuur are considered a complete meal (possibly with Ketchup or other condiment).

SIDE DISH

CABBAGE SALAD

Preparation time 10 min

Serving size 4

- ¼ cabbage
- 1 tablespoon well chopped onion
- 1 teaspoon salt
- ½ tablespoon granulated sugar
- ½ tablespoon chopped cilantro
- 1 tablespoon canola oil

- 1 tablespoon white vinegar

Use a sharp knife and cutting board to chop the cilantro and green onions. If you're working with a whole head of green cabbage, remove the outer leaves, then finely slice it.

Use large bowl and mix all ingredients. Let stand for 10 minutes. Serve with Khuushuur.