

Bauyrsak

***Bauyrsak* is a traditional Kazakh fried dough, often enjoyed as a treat during celebrations and family gatherings.**

Ingredients

500g flour (about 4 cups)
1 cup warm milk or water
1 large egg (optional)
1 tsp salt
1 tbsp sugar
1 tbsp butter or oil
1 packet (2 1/4 tsp) active dry yeast
Oil for frying (sunflower or vegetable oil works well)

Instructions

- **Activate the yeast:** Dissolve the yeast in warm milk or water with sugar, and 2 tsp flour. Let it sit for 5-10 minutes until foamy.
- **Mix the dough:** In a large bowl, combine flour, salt, (egg), melted butter, and the yeast mixture. Knead until smooth and elastic (around 5-10 minutes).
- **Let it rise:** Cover the bowl with a cloth and let the dough rise for 1-2 hours, or until it doubles in size.
- **Shape and prepare:** Roll out the dough to about 1/2-inch thickness and cut it into small squares or rounds.
- **Fry:** Heat oil in a deep pan. Fry the dough pieces until golden brown on each side. Drain on paper towels.
- **Bauyrsak is traditionally served with tea and jam.**
Enjoy the fluffy, slightly chewy texture of this Kazakh favorite!

Manti

***Manti* (or "mants") are steamed dumplings popular in Central Asia, including Kazakhstan. They are typically filled with seasoned meat, often lamb or beef, onions, and sometimes potatoes, cabbage or pumpkin for extra flavor.**

Ingredients

Dough

3 cups flour

1 cup water

1/2 tsp salt

1 egg

Filling

500g ground beef

2 large onions, finely chopped

3 potatoes

200g pumpkin, finely diced

Salt and pepper, to taste

1/4 cup of lamb or beef fat (optional, for juiciness)

Instructions

Make the Dough: Combine flour, salt, water and egg and knead until smooth. Let it rest, covered, for about 30 minutes.

Prepare the Filling: Mix the ground meat, onions, potatoes, pumpkin, salt and pepper in a bowl. Add diced fat if you prefer juicy *Manti*.

Assemble the *Manti*: Roll out the dough thinly and cut it into squares (about 3-4 inches). Place a spoonful of filling in the center of each square, fold the edges up, and pinch them together at the top to form a parcel.

Steam: Place the *Manti* in a steamer, making sure they don't touch. Steam for about 40-45 minutes, until the dough is fully cooked.

Serve: Serve hot with sour cream, with sautéed onions in melted butter or simply drizzle with melted butter.