



Manti Dumplings

SOMETIMES YOU NEED A PROJECT.

We guarantee these will be more satisfying than that sourdough everyone's trying to make at home. Chewy, spicy, creamy, delicious.

SERVES
FOUR

TIME:
~1 HOUR

RECIPE
FROM:



Ingredients

FOR THE DUMPLINGS

2 cups all-purpose flour
(plus a little extra for rolling)
1 egg, beaten
1/4 cup water
2 tbsp olive oil
1 tsp sea salt
8 oz. ground beef
or lean ground lamb
2 tbsp onion, grated
or finely chopped
a pinch of cumin

FOR THE SAUCE

1/2 cup canola oil
1/2 tbsp minced garlic
1/4 cup dried red chili,
seeds removed
1 tbsp toasted sesame seed
1/2 tbsp dried thyme
1/2 tbsp dried dill
pinch of dried oregano
1 tbsp apple cider vinegar
salt to taste

FOR THE GARLIC YOGHURT

2 1/4 cups thick and creamy
plain yoghurt
1-2 garlic cloves, crushed
and finely chopped
salt to taste

TO FINISH

fresh cilantro
sliced serrano chili
ground sumac (optional)

Instructions

1. First make the dough. Sift the flour and salt into a wide bowl and make a well in the middle. Pour in the beaten egg and the water and using your hands, draw the flour into the liquid and mix to a dough. Pour in the olive oil and knead the dough for about 5-8 minutes, until it is smooth and elastic. Manti dough needs to be quite hard; cover the dough with a cling film or kitchen towel and leave to rest in a cold place or in the fridge for 30 minutes.
2. While the dough is resting, make the filling. Grate or finely chop the onion and combine with the ground meat. Season with salt and ground black pepper and mix well.
3. In a separate bowl, beat the yoghurt with the garlic and season with salt to your taste. Reserve for later.
4. When the dough is ready, cut into 3 pieces. Working one piece of dough at a time (and covering the rest of the dough pieces with a damp towel in the meantime so they don't dry out), roll the dough as thinly as you can into a sheet, on a lightly floured surface. Using a sharp knife, cut the dough into small squares (roughly 2.5cm/1in). Spoon a little of the filling, rounded at a size of half a chickpea, into the middle of each square.
5. Pinch the opposite corners to form a little pouch and press the seams together to seal firmly. Repeat with the rest of the dough and place the stuffed dumplings on parchment paper.
6. Next, make the sauce. In a thick bottom sauce pot, combine the oil and garlic, bring to a gentle fry and cook until garlic is lightly golden, strain and cool both separately. Save the oil for step 9.
7. Bake the dried chilis in a 350°F oven for 2-4 minutes. Remove and let cool, until they are dry and hard.
8. Grind the chilis and cooked garlic in a small food processor until rough flake consistency.
9. Heat the oil back up to around 300, add all the sauce ingredients except the vinegar. Simmer until the oil is colored red and fragrant
10. Let oil cool and add the vinegar.
11. Bring a pot of salted water to a boil. Add the dumplings and cook for 5 minutes.
12. Strain and place on a serving platter. Top each dumpling with some of the garlic yogurt. Drizzle the sauce over the whole plate and top with fresh cilantro and serrano.