



Curry Meat Turnovers

NIBBLEDISH CONTRIBUTOR

Ingredients

#makes 20# - 1 egg yolk, beaten - 4 tbsp oil Filling: - 1 lb. ground pork - 1-1/2 cups minced onion - 3 tbsp curry powder A: - 1-1/2 tbsp sugar - 1 tsp salt - 3/4 cup water B: - 1-1/2 tbsp cornstarch - 1-1/2 tbsp water Dough A: - 2 cup all-purpose flour - 5 tbsp shortening or lard - 10 tbsp water - 1/4 tsp salt Dough B: - 1 cup all-purpose flour - 7 tbsp shortening or lard

Instructions

Chinese snacks is a HUGE challenge to me, but every time when i buy something from bakery, i wanna make it by myself so bad, cuz my mom is very good at ALL parts!! I THINK i can do it too.. someday, somehow :) so today i make this for a little tiny step. 1. Dough A: mix all ingredients together to make a smooth dough; knead briefly until very smooth; let stand for 20 minutes then roll into a baton-like roll and cut it into 20 pieces. 2. Dough B: mix all ingredients together to make a smooth dough. Roll into a baton-like roll and cut it into 20 pieces. 3. Filling: heat the wok then add 4 tbsp oil, stir-fry onion until fragrant then add curry powder and stir lightly. Add ground pork and stir until cooked. Add A and bring to a boil; mix B then add into the wok slowly, stir until thicken. Remove and let it cool. 4. Flatten pieces of dough A, then place pieces of dough B in center of it, and wrap edges to enclose dough B. Lightly flatten. Use a rolling pin to roll dough to a rectangular shape. Beginning at the top edge, roll up the rectangular-shaped dough jelly-roll style. Turn the piece of dough to a vertical position. Use a rolling pin to roll it to a rectangular shape; roll up the dough again to form a baton-like shape. Repeat this procedure for all remaining pieces of dough. 5. Roll each piece into a 3-inch round piece. Place 1-1/2 tbsp filling in center of dough. Fold dough in half and pinch edge to seal. While holding the dough in one hand, use the index finger and thumb of the other hand to fold over the edge about 1/5-inch to make a thin pleat. Make another 1/5-inch fold at the half way point of this pleat and continue pleating edge. 6. Coat one side of the turnover with a little egg yolk. Preheat oven to 375F, bake about 20 minutes until

golden brown, then remove and EAT!! #tips# 1. To ensure a flaky crust, be sure not to let any part of dough B protrude through dough A. 2. When roll each piece dough into 3-inch round piece, make middle slightly thick and outside edges thin.