

Armenian Manti

recipe by Aneesa Yousefi, derived from Nina Festekjian

INGREDIENTS

- 2 cups flour
- 1 egg
- 1 teaspoon kosher salt
- 1/2 cup water
- 4 tablespoons vegetable oil
- 1/2 pound ground beef sirloin
- 1 yellow onion
- 1/2 teaspoon salt
- 1 1/2 teaspoons ground allspice
- 1/4 teaspoon ground black pepper
- 1/2 teaspoon sweet paprika
- 1/2 teaspoon cayenne pepper
- 2 cups plain Greek yogurt
- 1/2 cup water
- 2 cloves garlic
- 1/4 teaspoon Kosher salt
- sumac or lemon pepper zesting

INSTRUCTIONS

1. Pour the vegetable oil in a separate cup and beat the egg into the oil. Add the salt and water to the mixture. Add flour in a mixing bowl, then add the egg and oil mixture and begin mixing ingredients together with hands, forming the dough. Knead dough until it is no longer sticky or tears apart. Dough should have a smooth consistency. Once kneading is finished, cover dough ball with a bit of flour and wrap with plastic wrapping to place in the fridge for one hour.
2. Chop yellow onion until it is finely minced. Combine spices then pour ingredients into bowl with ground beef sirloin along with yellow onion. Use hands to mix ingredients together. Place mixture in fridge until dough is ready.
3. Crush garlic cloves and cut up until finely chopped. Add chopped garlic to yogurt and water mixture along with salt. The sumac, sweet paprika and cayenne pepper will be used later to sprinkle on top of your yogurt topping, so wait until manti is fully finished before applying these spices. Place yogurt into fridge to be used at final step.
4. Once one hour has passed, remove the dough and roll out with rolling pin until a thin layer of dough is flat. It helps to take smaller pieces of the dough to roll out rather than the entire ball. Using a knife, cut thinned-out dough into small squares that measure approximately 1.5 inches. Place a very small amount of meat filling in the center of each square and with wet fingers, pinch the sides of the dough square to form a little boat-shaped dumpling. Begin placing manti in a cast iron pan or tin cake pan to place into oven. Make sure the pan is brushed with a bit of vegetable oil.
5. Preheat the oven to 350 degrees Fahrenheit. Place manti into the oven and bake for 30 minutes. If the manti begins taking on a golden-brown color, it is ready to be taken out. If manti is not taking on crispy texture, brush a bit of olive oil on top.
6. Once manti is baked to the desired crispiness, plate dumpling delights and serve with chilled yogurt-garlic as a topping. Sprinkle sumac (or a lemon pepper zesting), sweet paprika and cayenne pepper on top!