



tilly's pastelles

Servings
24 servings

Prep Time
30 minutes

Cook Time
2 hours

Kosher Key
Meat

Description

A Sephardic recipe from Greg Henry's cookbook, Savory Pies - Meat hand pies with egg, parsley, and herbs sprinkled with sesame seeds. Kosher.

Ingredients

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- 3 cups water, divided
- 1 cup + 1 tbsp vegetable oil, divided
- 1 1/2 tsp kosher salt, divided, plus more as needed
- 6 cups all purpose flour, plus more as needed
- 1 large onion, finely diced (about 2 cups)
- 2 lbs ground beef
- 2 tsp dried oregano
- 1 tsp dried mint (optional)
- 1 tsp paprika
- 1/2 tsp ground cumin
- 1/4 cup uncooked white rice
- 2 hard boiled eggs, peeled and finely diced
- 1/2 cup minced fresh flat-leaf parsley
- 1/4 cup sesame seeds, plus more for sprinkling
- 1/4 tsp freshly cracked black pepper
- 2 egg yolks lightly beaten with 2 tsp water, for egg wash

Instructions

1. In a large saucepan, bring 2 1/2 cups water, 1 cup vegetable oil, and 1 teaspoon salt to a boil. Remove from heat and quickly stir in 6 cups flour, using a wooden spoon, until a soft dough forms.

2. Scrape onto a lightly floured surface and knead, using more flour if necessary, until smooth, pliable, and not too sticky.
3. Form into 24 balls about 2 inches in diameter (about 1 1/2 ounces each) and 24 balls about 1 1/2 inches in diameter (about 3/4 ounce each). Place on parchment-lined baking sheets, cover with plastic wrap, and set aside at room temperature.
4. Heat the remaining 1 tablespoon oil in a large sauté pan over medium-high heat. Add the onion and cook until softened, stirring often, about 5 minutes. Add the ground meat, 1/2 teaspoon salt, oregano, mint, if using, cumin, and paprika. The dried mint is optional. Cook, breaking up the meat with a wooden spoon, until well browned, 10 to 12 minutes. Reduce to very low heat and stir in the remaining 1/2 cup water and uncooked rice. Cover to cook the rice al dente, about 12 minutes.
5. Uncover, remove from the heat, and stir in the hard-cooked egg, parsley, 1/4 cup sesame seeds, and black pepper. Taste the filling; add additional salt, pepper and seasonings to taste, if desired (see my notes below). Set aside to cool completely.
6. Place oven racks in the upper and center positions. Preheat the oven to 400°F. Using your floured hands, shape the larger dough balls into cups 2 1/2 to 3 inches wide and almost 1 inch deep. Return them to the prepared baking sheets as you work, about 1-inch apart.
7. Divide the meat mixture evenly between the cups, mounding it slightly.
8. On a lightly floured surface, use a lightly floured rolling pin or floured hands to roll or press the 1 1/2-inch dough balls into 3-inch rounds.
9. Cover each filled pastelle cup with a dough round, pinching the edges together in an upward motion to make a raised lip.
10. Brush the tops and sides with egg wash. Sprinkle the tops with salt and sesame seeds.
11. Bake until the pastelles are golden brown, 35 to 40 minutes; switch the sheets halfway through. Serve warm or at room temperature. This recipe is easily halved to make just a dozen pastelles.
12. **Notes from Tori:** I was only able to make about 20 balls of dough in each size, which equaled 20 pies total. You may have more or less depending on how your dough works out. Pie making is not an exact science! Next time I make these, I may spice them up a bit by using cilantro instead of parsley, as well as adding some cayenne and turmeric to the filling to taste. You know I love my spice! :)

Tilly's Pastelles

Calories 240	Calories from Fat 81
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* Percent Daily Values are based on a 2000 calorie diet.