

Runzas

Author: Cooks Country Magazine

Serves: 12

Ingredients

- For the Filling:
- 4 tsp vegetable oil
- 2 lbs 90% lean ground beef
- salt and pepper
- 1 onion, chopped fine
- ½ small head green cabbage, cored and chopped fine (4 cups)
- 1 cup low-sodium chicken broth
- 8 ounces Colby Jack cheese, shredded (2 cups)
- For the Dough:
- ½ cup whole milk
- ½ cup water
- 6 Tb unsalted butter
- ¼ cup (1¾ ounces) sugar
- 3½-3¾ cups (17½ to 18¾ ounces) all-purpose flour
- 1 Tb instant or rapid-rise yeast
- ½ tsp salt
- 1 large egg, lightly beaten, plus 1 large egg beaten with 1 tablespoon water

Instructions

1. For the Filling: Heat 2 teaspoons oil in Dutch oven over med-high heat until just smoking. Add beef, 1 teaspoon salt, and 1 teaspoon pepper and cook, breaking up pieces with spoon, until liquid evaporates and meat begins to sizzle, 10 to 15 minutes. Drain meat in colander and set aside.
2. Add remaining 2 teaspoons oil to now-empty Dutch oven and heat over med-high heat until shimmering. Add onion and cook, stirring occasionally, until just beginning to brown, about 2 minutes. Stir in drained beef, cabbage, and chicken broth. Bring to simmer, cover, and cook until cabbage is tender, about 5 minutes. Uncover and continue to cook until liquid evaporates and mixture begins to sizzle, 5 to 7 minutes. Season with salt and pepper to taste. Transfer to bowl and let cool 15 minutes. Stir in Colby Jack and let cool to room temperature. Refrigerate until ready to assemble runzas.
3. For the Dough: Meanwhile, grease large bowl. Combine milk, water, butter, and sugar in 2-cup liquid measuring cup. Microwave until temperature registers 110°F, 1 to 2 minutes. Using stand mixer fitted with dough hook, mix 3½ cups flour, yeast, and salt on low speed until combined, about 30 seconds. With mixer running, slowly add milk mixture and single beaten egg until incorporated and dough comes together, about 3 minutes.
4. Increase speed to med-low and continue to mix until dough is smooth and pills away from sides of bowl, about 8 minutes. If after 4 minutes dough looks wet, add remaining ¼ cup flour, 1 tablespoon at a time, until dough clears the sides of the bowl but sticks to bottom. Transfer dough to greased bowl, cover with plastic wrap, and let rise in warm place until doubled in size, 50-60 minutes.
5. Adjust oven rack to upper-middle and lower-middle positions and heat oven to 375°F. Line 2 rimmed baking sheets with parchment paper. Transfer dough to lightly floured counter and divide into 12 equal (2¾-ounce) portions. Form dough pieces into balls, cover with plastic, and let rise for 5 minutes.
6. Working with 1 dough ball at a time (keep remaining balls covered with plastic), roll out into 5½-inch round with rolling pin. Transfer ½ cup lightly packed filling (3 ounces) to center of round. Use hands to press filling into compact mound. Stretch edges of dough over filling and pinch together to form bun. Arrange 6 runzas, seam side down, on each prepared baking sheet, 2 inches apart. Cover with plastic and let rise until doubled in size, 45 to 60 minutes.
7. Discard plastic, brush runzas with egg wash, and bake until golden brown, 22 to 25 minutes, switching and rotating sheets halfway through baking. Transfer sheets to wire rack and let cool for 15 minutes. Serve.

Recipe by Laura's Sweet Spot at <http://laurassweetspot.com/2013/06/26/runzas/>