



RUSSIAN

Pelmeni

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Complex	6	1 hr 30 min	10 min	Simmer	Ground beef

Ingredients

DOUGH

- 400 g (3¼ cups) all-purpose flour, plus more for dusting
- 1 egg
- 150 ml (⅔ cup) cold water
- 1 tsp salt

FILLING

- 300 g (10 oz) ground beef
- 200 g (7 oz) ground pork
- 1 onion, grated, with its juice

FILLING (CONT.)

- 2 cloves garlic, grated
- 2 tsp salt
- ½ tsp black pepper
- 3 tbsp cold water or stock

TO SERVE

- Melted butter
- Sour cream
- Fresh dill
- Vinegar or grainy mustard

Steps

1. Mix the flour, egg, water and salt into a firm dough. Knead for 8 minutes until smooth and elastic. Wrap and rest for 30 minutes.
2. Mix the beef, pork, onion, garlic, salt, pepper and water with your hands for 2 minutes until sticky and well combined. The water keeps the filling juicy.
3. Roll a quarter of the dough on a floured surface until 1.5 mm (1/16 in) thick, almost translucent. Cut 5 cm (2 in) circles with a glass or cutter.
4. Place ½ tsp of filling in the centre of each. Fold in half, press the edge to seal, then pinch the two corners together around your finger to make a little hat shape.
5. Set the pelmeni on a floured tray in a single layer and keep them from touching. Repeat with the remaining dough, rerolling the scraps.
6. Bring a large pot of salted water with a bay leaf to a rolling boil, then reduce to a steady simmer.
7. Add the pelmeni in batches of 20 and stir once. When they float, cook another 5 minutes until the dough is tender and the filling is 71°C (160°F).
8. Lift out with a slotted spoon, toss with butter, and serve with sour cream, dill and vinegar.

Notes

- **Make ahead:** freeze the filled pelmeni on trays for 2 hours, then bag; cook from frozen, adding 2 minutes.
- **Fried:** leftover pelmeni are great browned in butter in a skillet.
- **Soup:** serve a few in hot chicken broth with dill.

- **Chef's touch:** let the serving butter turn nutty brown before tossing; it takes a minute and adds depth.
- **Pair with:** crisp dill pickles or a cucumber and dill salad.