Uzbek Dumplings

Season: Any  
Type: Uzbekistan Meal  
Difficulty: Medium  
Serves: 6  
Fresh from the garden: garlic, onion, bay leaves, lemon, parsley, mint

<table>
<thead>
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<th>Equipment:</th>
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| Chopping boards and mats  
Knives  
Large bowl  
Plastic bowl  
Frying pan  
Large saucepan  
Wooden spoon  
Measuring cups and spoons | For the dough:  
4 cups plain flour  
2 cups yogurt  
Pinch salt. |
| For the filling  
250g minced lamb  
2 cloves garlic, crushed  
1 onion, diced  
1 tsp ground cumin  
Salt and Pepper (pinch of each)  
2 Bay leaves  
1 TBLSP Sesame seeds  
1/2 cup parsley chopped  
1/2 cup mint, chopped  
1/2 tsp lemon zest  
1 Tbsp Raisins  
Olive oil |

Method
- In a large bowl, mix together the flour and yoghurt until it forms a soft dough. Wrap in gladwrap and set aside.
- Heat a frying pan over a medium heat and add olive oil, garlic and onion. Stir until soft
- Add cumin, bay leaves, sesame seeds and salt and pepper. Stir for 2 minutes
- Add the lamb, ensuring that all the lumps are broken up. Continue to stir until the meat is cooked.
- Add the parsley, mint, lemon zest and raisins.
- Place the mix in a plastic bowl in the fridge to cool.
- Fill the large saucepan with water (about 3/4 of the way) and put on a high heat to bring to the boil.
- Roll the dough out on a floured surface to 1/2 cm thick and cut into 10cm rounds
- Add 1 Tbsp of mix to each one, wet edges, fold over and seal.
- Place dumplings in a pot of boiling water for 4 minutes.

Note:  
Almonds and coriander are a nice addition to the filling.  
Dumplings can be served with yogurt and/or a burnt butter sauce.