

Uzbek Dumplings

Season: Any

Type: Uzbekistan Meal

Difficulty: Medium

Serves: 6

Fresh from the garden: garlic, onion, bay leaves, lemon, parsley, mint

<p>Equipment:</p> <ul style="list-style-type: none"> Chopping boards and mats Knives Large bowl Plastic bowl Frying pan Large saucepan Wooden spoon Measuring cups and spoons 	<p>Ingredients:</p> <p>For the dough:</p> <ul style="list-style-type: none"> 4 cups plain flour 2 cups yogurt Pinch salt. <p>For the filling</p> <ul style="list-style-type: none"> 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 ½ cup parsley chopped ½ cup mint, chopped ½ tsp lemon zest 1 Tblsp Raisins Olive oil
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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 ¾ of the way) and put on a high heat to bring to the boil.
- Roll the dough out on a floured surface to ½ cm thick and cut into 10cm rounds
- Add 1 Tblsp 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.