



Esfijas – Arabic Meat Pies

Makes 30 to 34 esfijas

- 1 ½ pounds (750 grams) ground beef
- 1 medium white or brown onion – finely chopped
- Salt & Pepper
- A pinch of ground cumin
- Up to a cup of Greek yogurt or Labne or Kefir cheese
- 1 cup of chopped mint leaves
- Empanada Dough or Puff Pastry Dough
- 1 lightly beaten egg with a splash of cream or milk

Heat your oven to 375 degrees F (190 C).

Season the salt with salt and pepper. Heat a skillet with a little oil and brown the meat – stirring occasionally to get rid of any meat clusters. Drain the browned meat in a colander inside a bowl. Discard the drained fat in the garbage and not down your drain.

Add a little more oil to the skillet and add the onion. Cook for 5 to 6 minutes until the onion is softened and translucent. Return the beef to the skillet and mix well. Let the meat and onions cook for a few minutes. Work at medium heat.

Add the cumin and mix. Add ½ a cup of yogurt (or labne or Kefir) and mix it in. If the meat is too dry add more a ¼ cup at a time. It is very important that these be very moist. Mix it well and turn off the heat.

Prepare your dough by rolling it out and cutting it in circles. You can use a glass. Stretch it out to make it thinner and a little bigger. Place a teaspoon of filling in the middle. Grab one of the ends and press them together. Grab the other ends and press them together. Turn the pastry and press the middle edges leaving a little 'window' in the middle.



Brush the pastries with egg wash and bake for 20 to 25 minutes – until the bottoms start browning.

Serve with a little more Greek yogurt or Kefir cheese.

**2 Esfijas - CALORIES 129.56; FAT 8.66 grs (sat 2.40; mono 3.67; poly 1.98); PROTEIN 4.91 grs ;
FIBER 0.25 grs; CARBS 8.13 grs; CHOLESTEROL 14.23 mg; IRON 0.51 mg; SODIUM 112.77 mg;
CALCIUM 18.81 mg**

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