



These are meat dumplings, a bit like Italian ravioli, but not quite. The rule of a thumb is to freeze Pelmeni at least for 24 hours before boiling and serving them. They are great served melted butter, chopped dill, mustard, sour cream or vinegar

Ingredients:-

For the dough:

3 eggs

700 ml all-purpose flour

200 ml water

1 tsp salt

For the filling:

1 kg minced meat (a 50/50 mixture of pork and beef works well)

1 onion

salt

black pepper

2 tbs vegetable oil

Serve with melted butter, mustard, sour cream or vinegar.

Method:-

(1) Sieve flour into a heap with a small well on the top. Gradually beat in the eggs, salt and add water little by little to form a dough. Mix and kneed it well for a few minutes, so that it is quite tight. Leave it in the fridge for at least 30 minutes.

(2) Mix the mince with finely chopped onion, salt and pepper. Stir in vegetable oil and mix well.

(3) Take the dough out of the fridge and roll it out into medium flat discs, about 2 mm thick. Cut out small round discs, about 6-7 cm in diameter, using a glass. Spoon a 1 tsp of mince into a dough disc, and pinch the edges together, so that the dumpling forms a half-moon shape. Make sure the edges are well pinched together. Place the dumplings on a plastic tray, leaving the space between them, and freeze for at least 24 hours.

(4) Boil a good amount of water, adding a little salt. Boil the frozen pelmeni, until they float on the surface - that's when they are ready. Drain them with a spoon and serve with melted butter, chopped dill, mustard, sour cream or vinegar.