

## Chinese Curried Beef Pastries

<http://userealbutter.com/2012/12/05/chinese-curried-beef-pastry-recipe/>  
modified from [Table for Two](#)

pastry dough

1-2 tbsps vegetable oil

1 onion, diced small

4 tbsps curry powder

1 lb. ground beef

4 tbsps (2 oz.) soy sauce

2 tsps salt (to taste)

1 egg yolk

### pastry dough

15 oz. or 3 cups flour

3/4 tsp salt

9 oz. butter, chilled and cut into cubes

8-10 tbsps water

Mix the flour and salt together in a large bowl and cut the chilled cubes of butter into the flour until it resembles pea-shaped pebbles. Add water to the dough a tablespoon at a time, tossing it with a fork to incorporate until it just begins to stick together when you pinch the dough between your fingers. Form the dough into a ball, wrap in plastic, and chill it for an hour in the refrigerator.

Heat the vegetable oil in a large frying pan and sauté the onions and a tablespoon of the curry powder in the oil until the onions begin to sweat. Add the beef, soy sauce, and remaining curry powder. Brown the beef. Stir in salt to taste.

Preheat the oven to 450°F. Line a couple of baking sheets with parchment paper. When the dough is chilled, set it on a floured workspace and roll the dough out to 1/8-inch thickness. Cut out 3-inch circles with a biscuit or cookie cutter. Combine the scraps, roll it out, and cut more circles until you are out of dough. Place 1-2 tablespoons of beef filling on each circle of dough and fold the dough over (in half) to form a semi-circle. Pinch the edges together and then rope pinch the curved edge. [To rope pinch: start from one end and tuck the edge of the dough over and back onto itself toward the center, about 1/4-inch, then pinch. Move 1/4-inch down and repeat until you reach the other end. Refer to the photos on blog post.] Set the pastries on the parchment-lined baking sheets. Beat the egg yolk and brush it over each pastry. Bake for 12-15 minutes until the pastry turns golden brown. Serve hot. Makes 2-3 dozen (depending on your yield from the pastry dough).