

Chinese Turnip Pastries

<http://userealbutter.com/2014/01/27/chinese-turnip-pastries-recipe/>

modified from Chinese Snacks by Huan Su-Huei (Wei-Chuan Cooking School)

filling

1-2 lbs. daikon radish (depending on how much radish you want versus sausage)
1-2 tsps salt (scale with the amount of daikon radish)
4 oz. Chinese sausage, bacon, or ground pork
2 tsps sesame oil
1/2 tsp pepper

water dough

2 cups all-purpose flour
5 tbsps shortening or lard
10 tbsps (5 oz.) water
1/4 tsp salt

fat dough

1 cup all-purpose flour
5 tbsps shortening or lard

Make the filling: Peel and fine shred the daikon radish. Place the shredded radish in a bowl and sprinkle the salt over the radish. Let stand 15 minutes. Squeeze all of the liquid from the radish. Discard the liquid. Fine dice or chop the sausage, if using. Cook the sausage (or bacon or pork) over medium high heat in a pan to render the fat (a few minutes). Remove the cooked meat to a bowl. Keep about 2 tablespoons of the fat in the pan and discard the rest. Sauté the radish in the fat over medium high heat for 2-3 minutes. Add the sausage and stir-fry for 30 seconds. Turn off the heat. Stir in the sesame oil and pepper. Let cool.

Prepare the water dough: Mix all of the water dough ingredients in a bowl. Knead until smooth (took me a few minutes). Let stand 20 minutes covered with a damp paper towel. Roll the dough into one or two logs and cut into 20 equal pieces if making the standard pastry dough and 10 equal pieces if making spiral or parallel layered pastry dough. Cover with a damp paper towel.

Prepare the fat dough: Mix the flour and fat together until smooth. This dough will be crumbly compared to the water dough. Divide into 20 equal pieces if making standard pastry dough and 10 equal pieces is making spiral or parallel layered pastry dough, and roll each piece into a ball.

Make the pastry dough: Take one piece of the water dough and flatten it into a circle with your palm. Roll the dough into a small disk about 3-inches in diameter. Place one ball of the fat dough in the center of the disk and wrap the ball completely with the water dough to make a ball. Place the gathers on the bottom and press the ball with your palm to flatten. Use a rolling pin to roll the dough into an oblong rectangular shape (it won't be

a rectangle, it's okay) about 4 or 5 inches long for standard pastry dough, 6-7 inches long for spiral or parallel layered pastry dough. Roll the dough up like a carpet from one end. Turn the dough 90 degrees. Flatten the dough with your palm and roll it out into another rectangle about 4 or 5 inches long for standard pastry dough, 6-7 inches long for spiral or parallel layered pastry dough. Roll the dough up like a carpet again from one end. You should now have a somewhat squat package of dough. Proceed according to the style of pastry dough you want.

For standard pastry dough: Flatten the dough once more, but this time roll it out evenly into a circle or square at least 4-inches in diameter and thinner at the edges. Place 1-2 tablespoons of filling in the center of the dough circle and gather the edges up around the filling and pinch them together at the top, twisting to seal the dough together and twist off the excess dough (discard).

For spiral layered pastry dough: Using a sharp knife, cut the package of rolled up dough in half such that the spirals are to the right and the left of the knife. The cross-section of the dough should be a spiral pattern. Turn the cut-side down on your work surface and flatten it with the palm of your hand. Roll the dough out to at least 4-inches in diameter and thinner at the edges. Place 1-2 tablespoons of filling in the center of the top of the dough circle (you want the pattern to be on the outside) and gather the edges up around the filling and pinch them together at the top, twisting to seal the dough together and twist off the excess dough (discard).

For parallel layered pastry dough: Using a sharp knife, cut the package of rolled up dough in half such that the knife bisects the spirals into semi-circles. Essentially the knife should cut from one open end of the dough roll to the other. The cross-section of the dough should be a bunch of parallel layers. Turn the cut-side down on your work surface and flatten it with the palm of your hand. Roll the dough out to at least 4-inches in diameter and thinner at the edges. Place 1-2 tablespoons of filling in the center of the top of the dough circle (you want the pattern to be on the outside) and gather the edges up around the filling and pinch them together at the top, twisting to seal the dough together and twist off the excess dough (discard).

Fry the pastries: Heat 3-4 inches of vegetable oil in a large pan for frying. When the temperature reaches 350°F, carefully add the pastries. Fry until the bottoms are golden (about 3-4 minutes) then flip and fry another 3 minutes until golden. Remove from oil, drain on paper towels, and serve warm. Makes 20.