

# JAMAICAN BEEF PASTRY PATTIES

F MEDIUM

Last Modified: 08/21/2014

PREP: 1/2 Hr  
COOK: 15 To 35 Min  
OVEN: 375

JAMACIAN

MAKES 6 LARGE Or 15 COCKTAIL

QUA	MEASURE	INGREDIENT	PROCESS
1/2	Stick	Salted Butter	
1	Medium	Yellow Onion	Fine Dice
4	Stalks	Green Onions (Greens & Whites)	Sliced
1 1/2	Tbsp	Thyme	
2	Tbsp	Curry Powder	
1	Medium	Jalapeno Pepper (Seeded)	Fine Dice
OR SUBSTITUTE FOR A VERY MILD PATTY			
1	Medium	Sweet Bell Pepper (Seeded)	Fine Dice
OR SUBSTITUTE FOR A MILD PATTY			
1	Medium	Poblano Pepper (Seeded)	Fine Dice
1	Pound	Beef Hamburger (80 / 20)	
1	Tsp	Kosher Salt	
		Water	
1	Cup	Italian Bread Crumbs (Progressive)	
1 +/-	Tsp	Ground Black Pepper	To Taste

## DOUGH

3	Cups	All Purpose Flour	
1/2	Tsp	Kosher Salt	
1	Cup	Unsalted COLD Butter	
3/4	Cup	COLD Water	
1	Tbsp	Distilled White Vinegar (Heinz)	
2	Large	Egg Yolks	

## EGG WASH

1	Large	Egg	
1/4	Cup	Water	

## PREPARATION

<b>FACTOID</b>	This is wonderful Street Food Fare, available from street vendors in cities throughout the world. Make them as spicy as you like by adjusting your chosen Peppers.
<b>TOOLS</b>	1) Small Mixing Bowl 2) Large Stainless Skillet & Cover 3) 2 - Large Aluminum Sheet Pans
<b>PREP</b>	1) Finely Dice the Yellow Onion and set it aside. 2) Thin Slice the Green Onions (Whites & Greens) and add on top of the Onions. 3) Halve, remove the Seeds & veins on the chosen Peppers, dice finely and add them on top of the Onions.

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<b>1</b>	<b>DOUGH:</b> Combine flour and salt in the work bowl of a food processor, pulse several times to combine. Add the Butter or Shortening and process until the mixture looks like fine crumbs.
<b>2</b>	<b>DOUGH:</b> In a small mixing bowl combine the Water, Vinegar, and Egg Yolks. Add the wet mixture into the food processor work bowl and pulse until a ball forms.
<b>3</b>	<b>DOUGH:</b> Seal the Dough in plastic wrap and let it rest in the refrigerator for 1/2 hour.
<b>4</b>	<b>BEEF CUBE FILLING ONLY:</b> In a small plastic bag, add 1/4 cup of Flour, Add in the Beef Cubes and shake until evenly coated. In a large skillet over medium high heat, fry the Beef Cubes in a little oil until browned and set them aside.
<b>4</b>	<b>HAMBURGER FILLING ONLY:</b> In a large skillet over medium high heat, fry the Hamburger until crumbly. Drain off and discard any excess fat.
<b>5</b>	<b>FILLING:</b> Melt the Butter in the large skillet over medium heat
<b>6</b>	<b>FILLING:</b> Add the Onions, Scallions, Thyme, Curry Powder and chosen Peppers and saute until the Onions begin to soften.
<b>7</b>	<b>FILLING:</b> Add in the cooked Beef, Salt and enough Water to barely cover the Meat, simmer over medium heat for 20 minutes until the liquid reduces and the Beef is tender. It should have enough liquid left that after adding in the Bread Crumbs, the mixture isn't too dry.
<b>8</b>	<b>FILLING:</b> Set the Filling aside to cool for at least an hour so it doesn't melt the Dough when making the Pastries.
<b>9</b>	<b>FILLING:</b> Add bread crumbs and adjust with salt and pepper, allow to cool.
<b>10</b>	<b>PASTIES:</b> Roll the dough out to 1/8-inch thick. Cut the dough into 6-inch circles.
<b>NOTE</b>	If making the large size, cut the dough into 6-inch circles.
<b>NOTE</b>	If making the cocktail size, cut the dough into 3-inch circles.
<b>11</b>	<b>PASTRIES:</b> For large Pasties, use 3 tablespoons of the cooled Beef mixture. For small Pasties, use 1 1/2 tablespoons of the cooled Beef mixture. For dumpling sized Pasties, use 1 tablespoon of the cooled Beef mixture
<b>11</b>	<b>PASTRIES:</b> Brush the edges of the Dough with the Egg Wash. Fold the Dough over the filling to make a tight seal, pressing with your fingers all around.
<b>12</b>	<b>PASTRIES:</b> Using a fork, press around the entire sealed edges to make them attractive.
<b>OPTIONAL</b>	<b>PASTRIES:</b> Brush the entire outside surface of the Dough with the Egg Wash for wonderfully shiny Pasties.
<b>13</b>	<b>BAKE:</b> Preheat the oven to 375 degrees with racks in the center & just below center.
<b>14</b>	<b>BAKE:</b> Place the pastries on parchment lined cookie sheets and place them in the oven for 25 to 35 minutes (Large) 15 to 25 minutes (Small). Rotate the pans halfway through for even browning. Remove before the Dough gets too dark.
<b>SERVE</b>	Arrange on a serving platter and serve while hot or cold with a nice Dipping Sauce on the side such as Recipe: Sauce - Korean Sweet & Spicy Dipping Sauce or Recipe: Sauce - Plum Sauce.