CANADIAN (MENNONITE)

Mennonite Meat Buns (Fleisch Perishky)

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Involved	**6**	**45 min + 1 hr 30 min rising**	**25 min**	**Bake**	**Ground beef**

Ingredients

DOUGH

- 500 g (4 cups) all-purpose flour
- 2¼ tsp (1 packet) instant yeast
- 1 tbsp sugar
- 1 tsp salt
- 250 ml (1 cup) warm milk
- 60 g (¼ cup) butter, melted
- 1 egg, plus 1 egg beaten for brushing

FILLING

- 500 g (1 lb) ground beef
- 1 onion, finely chopped
- 1 tsp salt
- ½ tsp black pepper
- 2 tbsp chopped fresh dill
- 1 hard-boiled egg, chopped (optional)

Steps

1. Mix the flour, yeast, sugar and salt. Add the milk, butter and 1 egg and knead for 8 minutes, until smooth and springy. Cover and leave in a warm place for 1 hour, until doubled.
2. Meanwhile, brown the beef and onion in a skillet over medium-high heat for 8 to 10 minutes, breaking it up, until no pink remains. Spoon off the fat.
3. Season with salt, pepper and dill, stir in the chopped egg, and let the filling cool completely.
4. Punch down the dough and divide it into 18 pieces. Roll each into a 10 cm (4 in) round.
5. Put a heaped tablespoon of filling in the centre, pull the edges up around it and pinch tightly to seal. Set seam side down on lined baking sheets.
6. Cover and let rise 30 minutes. Heat the oven to 190°C (375°F).
7. Brush with beaten egg and bake 20 to 25 minutes, until deep golden and hollow-sounding underneath.
8. Cool on a rack for 10 minutes before eating.

Notes

- **Make ahead:** they freeze well; reheat from frozen at 175°C (350°F) for 15 minutes.
- **Faster dough:** 900 g (2 lb) of frozen bread dough, thawed, works in a pinch.
- **Serving:** lunchbox, picnic or alongside borscht; some families add a dip of sour cream.
- **Air fryer:** reheat refrigerated buns at 160°C (320°F) for 4 to 5 minutes, until crisp outside and steaming hot, 74°C (165°F).