

Bierocks

Dough

1 cup milk, warmed to 80F
1/4 cup white sugar or Splenda
2 1/4 tsp active dry yeast (1 package)
4 cup unbleached all-purpose flour
2 tbsp salted butter, melted and cooled
1 egg, beaten
3/4 tsp salt

Or use your own favourite dough or bun recipe.

Filling

1/2 lb ground beef (85-90% lean)
1/2 onion, diced
3 cup shredded cabbage (about 1/4 of a medium head)
1/4 tsp salt
1/4 tsp ground black pepper

1 tbsp milk

Dough

In a large mixing bowl, mix milk and sugar to dissolve the sugar. Sprinkle yeast over the milk mixture and let stand for 5-10 minutes, until the yeast softens and starts to foam.

Whisk the mixture to combine and whisk in 2 cups of flour.

Add melted butter, egg, and salt. Whisk to incorporate.

Stir in the remaining flour a quarter cup at a time, using only as much as you need to get the dough to come together. Turn the dough onto your counter and knead, for 10 to 15 min, until a soft, smooth dough forms, adding flour as needed. (Your finished dough should be tacky, but not stick to your hand or your kneading surface.)

Shape dough into a ball, place it in a greased bowl, turning to coat the dough. Cover the dough loosely with plastic wrap or a damp towel and place in a warm, draft-free place to rise until doubled in bulk, about 1 hour.

Filling

While the dough rises, make your filling. In a large non-stick frying pan, brown meat over medium-high until mostly cooked, 5 to 7 minutes.

Drain as much of the grease from the pan as you can, while not losing the meat from the pan. Return the pan to the heat and add the onions. Cook 2 to 3 minutes, until they begin to soften.

Add cabbage and cook 7 to 10 minutes or longer, until cabbage is tender. Remove filling from heat and season with salt and pepper.

The filling can be made in advance and cooled, which makes it easier to work with.

Assembly

Knock back the risen dough and turn it onto your work surface.

Divide dough into 8 balls (roughly 3 oz each). Flatten each ball to a circle 4 to 5 inches in diameter. (If the dough springs back, flatten as much as you can, cover, and let the dough rest for 3 to 5 min before attempting to flatten further.)

Alternately, roll out the dough into a large rectangle or square and cut into eight equal-size squares.

Spoon 2 large tablespoons of filling onto the center of each piece of dough, leaving the edges clear.

If using round dough, lightly moisten the edges, fold over and seal. If using squares of dough, moisten the edges and bring each corner into the middle and seal.

Place the shaped bierocks on a greased baking sheet and let rise, covered 30 to 45 minutes, until roughly one and a half times their original size.

During the last 10 minutes of rising time preheat your oven to 375 degrees F.

Brush the bierocks lightly with milk and bake for 20 to 25 minutes, until golden brown and hollow sounding when tapped.

Remove from oven and let cool on a wire rack.

These rolls freeze well after baking. To eat, just take them out of the freezer in the morning and they will thaw by lunchtime. Warm them in the oven to heat them through.