

Pastel (Savory Pie Filled With Ground Meat, Rice, and Onions)

YIELD: 8 SERVINGSTIME: 2 H 30 MIN



Ingredients

FOR THE DOUGH

-
- 1 $\frac{3}{4}$ cups plus 1 tablespoon all purpose flour
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- 1 teaspoon salt
 - 1 cup water
 - 3 tablespoons vegetable oil
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FOR THE FILLING

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- 3 tablespoons vegetable oil
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- 1 large onion, finely chopped
 - 1 lb ground beef
 - ½ cup long grain rice, rinsed
 - 1 teaspoon salt
 - ½ teaspoon pepper
 - 1 - 1 ½ cups water
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FOR FRYING

-
- 3 tablespoons vegetable oil, divided
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Preparation

- STEP 1

Make the dough: In a medium bowl mix 1 cup of flour with salt. Start adding the water while mixing. Knead the dough for a minute, add the oil and continue kneading. Add the remaining flour and knead until the dough is smooth, about 1 to 2 minutes. Cover the dough with a towel and set aside to rest for 30 minutes at room temperature.

- STEP 2

Make the filling: Place a large pan over medium-high heat. Add the oil. Once the oil is hot add the onions and saute until caramelized, about 15 to 20 minutes. Add the meat and breakdown any large pieces into small pieces. Saute the mixture for about 10 to 15 more minutes until the beef is cooked through. Add the rice, salt and pepper and stir until combined. Add 1 cup of water and bring mixture to a simmer. Reduce the heat to low and continue cooking the meat and rice, covered for about 30 minutes until the rice is cooked through. If the water is absorbed before the rice is cooked, add another ½ cup of water into the mixture. Transfer the mixture to a bowl and cool to room temperature, about 15 minutes.

- STEP 3

Prepare the dough: On a large floured surface, roll out the dough evenly. Roll the dough out into a large circle, about 12 inches in diameter. At this point start stretching the dough by lifting one edge of the dough with one hand, placing your other hand underneath, with your palm up, and pulling out the dough. Repeat this

stretching process around all sides of the dough. Let the dough rest for 30 to 60 seconds every so often to allow it to relax. Once the dough is stretched to a diameter of about 1 ½ feet it is ready to be stuffed and fried.

- STEP 4

Make the pastel: Add 2 tablespoons of oil to a 12" non-stick pan, off-heat. Carefully lift the dough and place it on the pan matching the center of the dough to the center of the pan. There will be a lot of dough hanging around the pan. Patch any holes that are created on the dough that has been placed on to the pan. Add all of the meat filling onto the dough spreading it along the pan. Seal the meat filling with the dough that is hanging around the pan, folding in each side onto the meat and trimming any edges of the dough that are too thick before folding the dough. Overlap the folds over each other until the pastel is sealed and is in a circular shape. Drizzle the rest of the oil on top.

- STEP 5

Place the pan with the pastel over medium heat and cook until the dough underneath the pastel is golden brown, about 10 minutes. To flip the pastel, place a flat plate on top of the pastel in the pan and invert the pan to flip the pastel onto the plate and slide the pastel back onto the pan. If there are any holes on the fried side of the pastel, you can patch the holes of extra pieces of dough. Continue cooking the second side of the pastel until it is golden brown, about 5 to 10 minutes, shake the pan every so often to make sure the dough is not sticking to the pan. Flip the pastel again to cook it on the side that you patched with dough until all the dough is cooked through.

- STEP 6

Slide the finished pastel onto a serving plate and serve hot.