



Eat and drink, but waste not by excess (Al-A'raf 31)
Banu Atabay's Mütevazı Lezzetler® Turkish cooking recipes

Nevşehir Mantisi

Nevşehir Mantısı



Half pack instant yeast
1 tsp sugar
1 + 1/2 cup warm water
1 tsp salt
Flour, as much as the mixture gets in
For the Filling:
8.8 oz minced calf meat
1 onion
3 tbsp sunflower oil
1/2 tsp salt
For the Sauce:
1 cup yogurt
3 cloves of garlic
1 cup water
1/2 tsp salt
3 tbsp sunflower oil
1 tsp dried mint
1 tsp flaked red pepper

- # At first, prepare the dough. Pour warm water into a mixing bowl, add sugar and yeast and mix it.
- # Knead the mixture by adding flour in it little by little. Do not let the dough become hard. Cover the dough and rest at room temperature for 1 hour.
- # Meanwhile, prepare the filling mixture. Fry the thinly chopped onion until it they turn into pink. Add minced meat and roast over medium heat by stirring constantly for about 15-20 minutes. Add salt and remove the pot from the stove.
- # Divide the rested dough into 2 equal pieces. Roll out each piece over floured bench by a rolling pin until it reaches the baking tray's size.
- # Pour the roasted and cooled mixture all over one of the rolled out dough pieces. Roll it, but not too firmly.
- # Slice the roll by a roller knife. Each slice should have half inch thickness. Transfer those slices into a greased baking tray by getting the meat upside.
- # Place the tray into the oven which is preheated to 374 F. Bake them until they turn into red.
- # Whisk the mixture of yogurt and water which are the ingredients of the sauce. Add mashed garlic, salt and oil in it and mix.
- # Transfer the cooked meal into a service plate while it is hot yet. Pour the mixture of yogurt all over. Sprinkle dried mint and flaked red pepper all over.

Note: In Nevşehir, if the prepared pastries are hard, people soften them with broth during the service. Because of the oil in the yogurt mixture, extra hot oil is not poured all over.