



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

Latin Buns

Latin reęi



1 cup corn flour
3 cups flour
1 egg
1/3 cup yogurt
1/6 cup vegetable oil
1 tsp sodium bicarbonate
1 tsp salt

For Upper Side;
1 egg

For Filling;
1/2 cup ground meat (2.8 ounces)
2 potatoes, boiled
2 green onions
2 garlic cloves
1 long green pepper
1/6 cup vegetable oil
1 tsp black pepper
1 tsp salt

- # Put 1 cup water into the pot, and add corn flour into the water while it is cold yet. Place the pot over medium heat and cook it by stirring constantly to turn the corn flour to paste.
- # When the corn flour paste cools down, prepare the filling; Put the vegetable oil into a separate pot, when it turns to hot over medium heat add the ground meat into the pot.
- # Cook it over medium heat. When the water evaporated totally add the finely chopped green onions, garlic and long pepper in it.
- # When they got cooked add the grated potatoes, black pepper and salt in it. After sauteing the mixture for a while remove it from the stove, and let it cool down.
- # When the filling cools down, prepare the dough. Put the cool corn flour paste into a deep bowl, add egg, vegetable oil and yogurt in it and mix.
- # Add flour little by little while kneading the dough, add sodium bicarbonate and salt. Make the dough which has medium hardness. (Cover the dough and rest it for 20 minutes.)
- # Divide the rested dough into 2 pieces. Roll out each piece into with 1/4 inch thickness.
- # Cut circle shaped pieces from the dough via cup. Put the filling mixture onto the half of the circle, and then close the remaining part of the circle on it.
- # After preparing all the buns by this way, place them onto the greased baking tray. Spread whisked egg all over.
- # Place the tray into the oven which is preheated to 338 F and cook the buns until their surfaces turn to red. Serve them warm.

Note: The origin of the "Latin Buns" is Colombia. People in Latin countries use corn pieces instead of corn flour while preparing these buns. It is served with a dip sauce which is prepared with parsley and garlic.