



BRAZILIAN BEEF PASTELS

INGREDIENTS

Ingredients for the pastry

- 350g plain flour
- 60g butter
- 1 egg, beaten
- 1 tsp white wine vinegar
- 2 tbsp white rum (optional)
- 4 tbsp water

Ingredients for the filling

- 1 tsp olive oil
- 200g ground beef
- 1 small onion, diced
- 1 clove garlic, crushed
- 2 tsp The Brazilian rub
- 300ml vegetable oil for frying

INSTRUCTIONS

1. Mix the 2 tsp The Brazilian with the ground beef
2. To make the pastry, blitz the flour with the butter in a food processor until you get breadcrumbs
3. Add the beaten egg, white wine vinegar and rum (if using), and process in the food processor for a minute whilst adding the 4tbsp water until it comes together as a dough
4. Chill the dough in the fridge whilst you make the filling
5. Fry the onion in the olive oil over a medium heat for about 5 minutes until softened, then add the garlic and cook for a further minute
6. Finally add the ground beef mixture and cook until dry, about 15 minutes
7. Prepare the pastry by rolling out the dough to the thickness of a one pound coin, and then cutting out circles of 6 inch diameter
8. After the filling has cooled, spoon two tablespoons of mixture into each circle, fold over and crimp the edges
9. Heat the vegetable oil over a medium high heat, and when hot, add the pastels two at a time and cook for 2 minutes each side



Feeds
4



Prep time
10 m



Cook time
45m

