

Meat and Spring Onion Pastry 京葱馅饼

Ingredients:

- 温水 Warm Water
- 面粉 Flour
- 葱 Spring Onions
- 姜 Ginger
- 鸡精 Chicken Essence
- 白胡椒粉 White Pepper Powder
- 麻油 Sesame Oil
- 猪肉或者牛肉 Ground Beef or Pork
- 生抽 Light Soy Sauce
- 老抽 Dark Soy Sauce
- 料酒 Chinese Cooking Wine

Preparation

1. 将两碗水龙头中的温水分次加入一磅的面粉中，用手搅拌均匀，水一次不能放得太多，要慢慢放，然后不停地揉。中国的和面讲究“三光”，即面粉看上去很光滑，盆里没有面粉很光滑，手上也没有粘黏的面粉。

Add two bowls of warm tap water to a pound of flour and use your hand to mix the dough. Add water gradually until the dough comes together. Mix the dough adding a little bit of water until you reach the Chinese “three guangs” which will let you know the dough is ready: it should shine on the surface and be smooth, there is not flour left in the bowl, and no flour sticks to your hands.

2. 用保鲜膜将揉好的面团包好，放在一边醒 10-20 分钟，使得面团更柔软。

Cover the dough in plastic wrap and let it rest for 10-20 minutes. This will allow the gluten structure in the dough to develop properly so it can be chewy and soft later on.

3. 用搅拌机将猪肉绞碎。

Use a food processor to grind the meat, or buy ground beef or ground pork

4. 将姜切碎，倒入搅拌的猪肉中，倒入生抽和料酒，搅拌。

Dice an entire root of ginger, and mix it into the pork. Add light and dark soy sauces as well as Chinese cooking wine.

5. 加少许盐，用力搅拌。

Add a little bit of salt and mix vigorously.

6. 放入少许水，用力拍打搅拌。如果是水饺、包子中的馅水可以多放一点，馅饼中的馅，水则要少放一点。

Add a little bit of water, and use force to mix it into the meat so it is absorbed. If you are making Chinese dumplings or buns, you could add some more water, but for the meat pastry, less should be used.

7. 倒入少许鸡精、白胡椒粉，麻油，搅拌。

Add some chicken essence, white pepper powder, and sesame oil, mix.

8. 将葱段全部倒入猪肉末中。

Add a bowl of the chopped up spring onions to the meat mixture and mix.

9. 在桌子上撒上少许面粉，将面揉成椭圆形，用刀切成一小段一小段备用。

Spread some flour over the surface of the table, and roll the dough into a long tubular shape. Then cut the log into short pieces.

10. 用保鲜膜蒙住盘底，将每个小椭圆形面团捏成包子状的面饼，放置盘中。

Cover a cookie sheet with some plastic wrap for holding the pastries after they are formed. Shape the cylindrical pieces into round balls, and cover them loosely with plastic wrap.

11. 将面团用擀面杖反复碾压面团，使其变大变圆。

Roll out each dough ball into a flat, round disk.

12. 在面饼 1/4 处切一刀，将肉均匀铺在面饼的 3/4，用剩下的 1/4 面皮将肉包起来，按压面饼的四周，使馅饼呈三层三角形。

Cut halfway through the dough circle and spread some of the meat mixture over three quarters of the dough. Make sure one of the quarters next to the slit is left without meat! Do not add too much meat. Fold the unfilled quarter of dough over to the adjacent section, and seal the outer edge. Fold the quarter over again, pressing and sealing, twice more until the pastry is a triangular shape. Place finished pastries on the plastic covered cookie sheet.

13. 在烧热的 480° F 的煎锅中倒入少许油，使油在表面铺开，将包好的馅饼放入煎锅中，倒入少许水，蒸至膨胀后，水快烧干，再加一点油，当馅饼底部呈金黄色时再在表面加入少许油，翻过来煎另一面。没有煎锅的话用炒锅也可以做，方法相同。

In a heated frying pan, add some oil and spread it out over the surface of the pan. Take some of the prepared meat pastries and add them to the pan. Add some water to mostly cover the pastries. When most of the water has evaporated, and the pastries are puffy, you can see the meat has cooked throughly, you can add more oil. Flip the pastries, and cook them on the other side until golden brown.