

Recipe adapted from [indobase.com](http://indobase.com)



## Mongolian Buuz

*For the dough:*

2 c whole wheat flour

1/4 t salt

1-1-1/2 c lukewarm water

*For the meat filling:*

1/2 lb. ground beef

Salt and pepper to taste

1 medium onion, chopped

3 cloves garlic, minced

2 T olive oil

1/4 t onion powder

Mix together the flour, salt and water a few tablespoons at a time to form a smooth, soft dough. Set the dough aside and prepare the meat filling.

Season the ground beef with salt and pepper. Next add the ground beef, onion and garlic to a food processor and combine until a blended with a touch of liquid to the mixture.

Return to the dough, kneading it a few more times. Next, pinch off small pieces of dough (about the size of a large marble) and roll into balls. Next roll each dough ball into a flat circle and place a bit of the meat mixture in the center of the dough. Bring up the sides of the dough and pinch the edges of the dough up over the meat.

Finally, dip the bottom of each dumpling into a bit of oil and place into a steamer with the onion powder in the steamer's seasoning vent (if no steaming vent, add the onion powder to the meat mixture before assembling the dumplings). Steam the buuz for 15-20 minutes, or until the meat is cooked through. When done, fan some air over the buuz to give them a glossy color. Serve hot.