

Home Economics Club

Chinese Meat Pie



Ingredients

Filling

100g beef
1 scallion
¼ tsp salt
½ thumb ginger
½ Tbsp light soy sauce
Pinch of white pepper
½ egg
½ Tbsp oyster sauce
½ Tbsp sesame oil
¼ tsp sugar
½ Tbsp Shaoxing cooking wine
¼ middle size white onion

For the dough

300g all-purpose flour
120 ml hot water (over 90°C)
60ml room temperature water (more for adjusting)
1 Tbsp vegetable cooking oil
Pinch of salt

Steps:

1. Mix salt in all-purpose flour and then gently stir the hot water in. Add room temperature water to form dough. Add oil to the dough and knead for a while. Cover and set aside for 30 minutes.
2. Add beef, ginger, scallion, salt, sugar, Sichuan peppercorn powder, white pepper powder, egg, light soy sauce, sesame oil, Shaoxing wine and oyster sauce then mix well. Stir the filling by hand for minutes until sticky.
3. Knead the dough quickly until the surface is smooth. Divide the dough into 10 portions then roll out to wrapper. Seal it completely as instructed. Avoid the edges meeting the filling, otherwise the sealing work is hard to complete.

4. Place the Chinese Meat Pie in a pan with oil, slightly press the center so the bottom can contact with the pan in better ways.
5. Heat until the side becomes crispy. Then turn over and fry the other side. Once the two sides become golden-browned, slow down the fire and cover with lid and let the Chinese Meat Pie heat for another 3-5 minutes. This can further cook the inside part and make sure the inner part is well cooked too. Then remove the lid and heat both side for another 30 seconds separately until the surface turn crispy again.
6. Transfer to oil paper to remove extra oil and enjoy!! Meat pies are always a little bit salty, so make sure you match it with some light and healthy vegetable soup.