

## Meat turnovers *(Meat main dishes)*



### Preparation

This recipe has many variations, and the following gives you the basic version. Chop the onion and brown it in a pan with a little oil. Add the ground beef and a splash of white wine and cook till 80 per cent done and then turn off the heat. Salt well and season with cumin and paprika to taste. Roll out the puff pastry (or use a bought, ready-made version) and cut out 5 circles of about 10cm in diameter. With a spoon, divide the ground meat between the 5 pastry circles and then with great care fold them over and seal them in the shape of a crescent. Bake at 180°C for 30 minutes and eat them hot!

### Tips

For the preparation of a Latin American meat turnover, it is customary to use lard: alternatively, you may use some extra virgin olive oil if you want a lighter result.

### Trivia

These meat turnovers are considered today a typical dish of Latin America, even if they were actually imported by the Spaniards who, in turn, were introduced to them when they came into contact with the Arab world.

### Information

**Preparation** 50 minutes

**Total Time** 30 minutes

**Serves X** Serves 2 persons

**Level of difficulty** Easy

la terra di Puglia



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### Ingredients

**Minced meat** 300 grams (Beef)

**Tropea red onions** 50 grams

**Cumin**

**Paprika**

**Salt**

**Oil**

**Puff pastry**

**White wine**