



Manti (Traditional Turkish Dumplings)

SERVINGS
6 → 42

This manti recipe for boiled dumplings with seasoned ground meat wrapped in homemade egg pasta is served with garlicky yogurt sauce and pepper oil.

RECIPE SOURCE
allrecipes.com

PREP TIME
35 MIN

COOKING TIME
25 MIN

TOTAL TIME
1 HRS

Ingredients

DOUGH

- 14 cups all-purpose flour, plus more for dusting
- 1 tablespoon plus 1/2 teaspoon salt
- 14 large egg
- 1 tablespoon plus 1/2 teaspoon water, or as needed

FILLING

- 14 onions, peeled
- 3 pounds 8 ounces lean ground beef
- 1 tablespoon plus 1/2 teaspoon salt
- 1/2 tablespoon plus 1/4 teaspoon pepper

OIL

- 1 1/4 cups plus 1 tablespoon canola oil
- 1/3 cup plus 5 teaspoons red pepper flake

SAUCE

- 3 pounds 8 ounces plain low-fat yogurt
- 1/3 cup plus 5 teaspoons minced garlic

Cooking Instructions

- Gather all ingredients and equipment.
CCP: Wash your hands with warm water and soap for at least 20 seconds
CCP: Follow community policies for major allergens and gluten regarding identification, labeling and measures to control cross contact.
- Thawing CCP: Defrost ground beef in the refrigerator, in cold water or in the microwave.
Food thawed in cold water or in the microwave should be cooked immediately.
- Prep onions and garlic as directed above.
CCP: Cut off bruised or damaged areas. Wash produce under running water, even if they will be peeled or cut. Scrub firm skins and rinds with a produce brush. Don't use soap.
- Make dough: Combine flour and salt in a bowl. Add eggs and water, mixing well with your hands. Add more water, if needed, to form a soft dough. Cover and set aside for at least 30 minutes.

Nutrition Facts

Amounts Per Serving

Calories 377

Total Fat 14g

Saturated Fat 3g

Trans Fat 0g

Polyunsaturated Fat 3g

Monounsaturated Fat 7g

Cholesterol 98mg

Sodium 431mg

Total Carbohydrates 43g

Dietary Fiber 2g

Sugar 9g

Protein 19g

Vitamin A 156IU

Vitamin C 5mg

Calcium 84mg

Iron 4mg

Phosphorous 227mg

Potassium 360mg

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(http://www.nutritionix.com/api)

5. Make filling: Shred onions and place them in a colander or sieve set over a bowl; drain and discard juice. Combine drained onion, ground beef, salt, and pepper in a medium bowl; mix well with a spoon until mashed. Set filling aside.

6. Lightly flour a work surface and a plate.

7. Divide dough into workable amounts for rolling. Working with one piece at a time, roll dough on the floured surface into a rectangle as thin as possible. Cut into 2-inch squares using a knife or pastry wheel.

8. Place 2 teaspoons filling in the center of each square. Gather the edges of dough and pinch them together at the top to form a bundle. Transfer manti to the prepared plate; sprinkle more flour on top to prevent sticking.

9. Make oil: Heat oil and red pepper flakes in a skillet over low heat just until pepper flakes begin to color oil. Remove from heat and keep warm.

10. Make sauce: Stir together yogurt and garlic in a small bowl; set aside.

11. Bring a stock pot of salted water to a boil over medium-high heat. Cook manti in boiling water until filling is no longer pink and dough is tender, 20 to 25 minutes to the stated CCP temperature. Drain well.

CCP: Cook to a minimum internal temperature of 160 °F (71°C)

12. Hold for service.

CCP: Hold at an internal temperature of 140°F (60°C) and above.

Serving Instructions

Serve:

~10 dumplings using tongs

~top with yogurt sauce using a #30 scoop

~and pepper oil with a #40 scoop

for approved diet types and textures.

DIET TYPES

Diabetic (CCHO): 6 dumplings topped with yogurt and oil

Heart Healthy/Cardiac: YES

Low Sodium: YES

Vegetarian: Vegan Black Bean Patty topped with yogurt and oil, Buttered Fusilli Pasta

Gluten Free: Ground Meat Burger Patty topped with yogurt and oil, GF Buttered Rotini Pasta

TEXTURES & CONSISTENCIES

FF: YES, serve yogurt sauce in cup for dipping

EC7/Soft: YES

SB6: Soft & Bite Sized Ground Meat Burger Patty coated with Yogurt Sauce, One Pan Creamy Orzo

MM5: Minced & Moist Ground Meat Burger Patty minced with Yogurt Sauce, One Pan Cream Orzo

PU4: Pureed Ground Meat Burger Patty pureed with Yogurt Sauce, Cream of rice or wheat per package directions

Notes

Recipe adapted by RecipeTree.Pro for healthcare use/food service on 12.5.2024.

Consider using beef ravioli or wonton wrappers for dough to decrease preparation time and labor.

Allergens

gluten, wheat, egg, milk, lactose

Recipe Tags

turkish lunch dinner

entree/main dish entree beef

plate skillet mixing bowls stock

pot tongs #30 scoop #40

scoop diabetic low sodium

heart healthy/cardiac regular

soft easy easy to chew finger

food allrecipes ec7 pasta