

Manti (Turkish Dumplings with Garlic Yogurt)

Turkish · Main Course · Hard · 75 min total · Serves 4

Manti are tiny meat-filled dumplings pinched into small bundles, boiled, and served under garlic yogurt with butter sizzled in pul biber and dried mint. It is a slow, careful dish worth the time.

Ingredients

- 2 cup all-purpose flour
- 1 large large egg
- 0.5 cup lukewarm water (about 80°F (27°C), plus a tablespoon more if the dough is dry)
- 1.5 tsp salt (divided between the dough, the filling and the cooking water)
- 0.5 lb ground lamb (about 20% fat; ground beef also works)
- 1 small onion (grated, then squeezed dry in a towel)
- 0.25 tsp ground black pepper
- 1 cup whole-milk yogurt (thick, strained Turkish-style or Greek yogurt, at room temperature)
- 2 cloves garlic (minced)
- 3 tbsp unsalted butter
- 1 tsp pul biber (Aleppo pepper or sweet paprika)
- 1 tsp dried mint (crushed between your fingers)

Method

1. Whisk the egg, lukewarm water and 0.25 tsp of the salt, add it to the flour and knead for 8 to 10 minutes until firm and smooth, then wrap the dough and rest it at room temperature (about 70°F / 21°C) for 30 minutes, hands-off.
2. Knead the squeezed onion with the lamb, 0.5 tsp salt and black pepper for 2 minutes until the filling is sticky and evenly mixed.
3. Roll the dough in batches on a floured counter until it is very thin, about 1/16 inch (2 mm), so you can nearly see the counter through it, then cut it into 1-inch (2.5 cm) squares with a pastry wheel or knife.
4. Place a pea-sized amount of filling (about 0.25 tsp) in the center of each square, fold two opposite corners up to meet over the filling and pinch, then pinch the remaining corners together into a tiny bundle and cover the finished pieces with a towel.
5. Bring about 4 quarts (3.8 L) of water with the remaining 0.75 tsp salt to a steady boil, drop the manti in batches, stir gently to stop them sticking, and boil for 8 to 10 minutes until they float and a test piece shows no pink.
6. Whisk the yogurt, minced garlic and a pinch of salt in a bowl until smooth and spread it across four warm plates.
7. Drain the manti well and arrange them over the garlic yogurt while still warm.
8. Melt the butter over medium-low heat until it foams and smells nutty, about 3 minutes, take the pan off the heat, stir in the pul biber and crushed mint for 20 seconds, then drizzle it over the dumplings.