

FlexFusion Favorites:

CURRIED BEEF TURNOVERS

The new 'feel good' food that's practically a meal in one hand

A light, flaky crust on the outside, bursting with savory old world flavor inside.

Chef's Hint

Try open frying for a different texture. Or, make turnovers smaller for a wonderful party pickup!

Ingredients**Sauce**

- 2 Tbsp curry powder
- 1½ Tbsp soy sauce
- 2 tsp chili garlic paste
- 1 tsp sugar
- ½ tsp Chinese five-spice
- 2 tsp cornstarch (mix with 1 ½ Tbsp water)

Dough

- 5½ cups all-purpose flour
- 2 cups solid vegetable shortening
- 1 tsp salt

Filling

- Vegetable oil spray (as needed)
- ½ lb ground beef, lean
- ½ cup onion, chopped fine
- 2 ea green onion, minced
- 1 ea egg yolk, beaten

Yield

8-10 turnovers

Prepare In

FlexFusion Combi oven
Platinum Series
Gold Series

**Method**

1. Combine sauce ingredients, mix well.
2. Cut shortening into flour until crumbly, gradually add salt and water, knead to make a smooth dough. On lightly floured surface roll dough into a 15 in (38 cm) cylinder, cut crosswise into 1 in (2.5 cm) sections and shape each piece into a ball. Cover with damp cloth and set aside.
3. Load FlexFusion combi oven with a ¾ in (20 mm) enamel pan and preheat in Combi mode at 425° F (218° C) and 90% humidity.
4. Remove heated pan from combi oven and apply food release. Add meat and both types of onion and mix. Return pan to combi for 2 minutes.
5. Remove meat mixture from combi oven and add sauce. Return to combi oven for 2 more minutes. Remove from combi oven and let cool to room temperature.
6. With a rolling pin, flatten the dough balls into 3 – 3½ in (7.5 – 8.5 cm) circles. Work with a few pieces at a time, keeping the filled turnovers and the remaining pieces covered with the damp cloth to prevent drying out. Place two teaspoons of filling in the center of each circle. Lightly moisten the edges of the dough with water and fold dough in half over the filling to form a semicircle. Press around the edges with the tines of a fork and brush the top with beaten egg yolk.
7. Set combi to 345° F (174° C) in Dry Heat mode and 40% humidity. Place filled turnovers on an ungreased sheet pan and load into preheated combi oven. Cook for 12 to 16 minutes. Color should be light brown. Serve hot.