

Yufkadan Mant?

Traditional Turkish Yufkadan Mant? recipe with spiced meat filling, garlic yogurt sauce, and butter with red pepper. Authentic flavors in 35 minutes.

20 min

HAZIRLIK

15 min

PI?IRME

35 min

TOPLAM

4

PORSIYON

Medium

ZORLUK

Yufkadan Mant?

Malzemeler

- 4 thin sheet of dough
- 1 lb ground beef
- 3 onion
- 2 tbsp tomato paste
- 3 clove garlic
- 0.5 tbsp salt
- 0.5 tbsp black pepper
- 0.5 tbsp cumin
- 5 tbsp plain yogurt
- 5 tbsp butter

Yap?l???

- Prepare the meat filling**

Heat a medium skillet over medium-high heat and add 1 pound ground meat with 3 diced onions. Cook, breaking up the meat with a wooden spoon, until the meat is browned and onions are soft, about 8-10 minutes.
- Add 2 tablespoons tomato paste, 3 minced garlic cloves, 1/2 tablespoon salt, 1/2 tablespoon black pepper, and 1/2 tablespoon cumin to the meat mixture. Stir well and cook for 2-3 minutes until fragrant. Remove from heat and let cool completely.**
- Prepare the yufka sheets**

Preheat oven to 356°F (180°C). Melt 3 tablespoons of the 5 tablespoons butter in a small saucepan over low heat.
- Lay the 4 yufka sheets on a clean work surface and brush each sheet evenly with the melted butter, making sure to cover the entire surface.**
- Assemble the mant?**

Divide the cooled meat filling evenly among the 4 buttered yufka sheets, spreading it along one edge. Roll each sheet tightly into a log shape, sealing the edges.
- Using a sharp knife, cut each rolled yufka log into 2-finger-width slices (about 1 inch thick). Arrange the slices cut-side up on a baking sheet, leaving space between each piece.**

7 Bake the mant?

Bake for 15-18 minutes until the mant? are golden brown on top and crispy around the edges.

8 Make the garlic yogurt sauce

While the mant? bakes, combine 5 tablespoons plain yogurt with 2 minced garlic cloves in a small bowl. Season with salt and black pepper to taste, stirring until smooth.

9 Prepare the red pepper butter

Melt the remaining 2 tablespoons butter in a small pan over medium heat. Add 1/2 tablespoon red pepper flakes and cook for 30-60 seconds until fragrant and the butter turns slightly red.

10 Serve

Remove the mant? from the oven and immediately drizzle with the garlic yogurt sauce. Top with the red pepper butter and serve hot.

?puçlar?

Keep yufka pastry covered with a slightly damp kitchen towel while working to prevent it from drying out and cracking.

Don't overfill the pastry rolls – about 1 tablespoon of filling per yufka sheet is ideal to prevent bursting during baking.

Allow the cooked meat filling to cool slightly before wrapping in yufka to prevent the pastry from becoming soggy from steam.

Slice the filled yufka rolls with a sharp knife in one smooth motion to avoid tearing the delicate pastry.

Place mant? pieces cut-side up on the baking tray for the most attractive presentation and even browning.

Prepare the garlic yogurt sauce at least 30 minutes before serving to allow the flavors to meld properly.

Heat the red pepper butter sauce just until fragrant – overheating will make the pepper flakes bitter.

Serve immediately while the pastry is still crispy and the sauces are at their optimal temperature for the best dining experience.