

MEATY SIMPLE SAMSA

Ingredients: for 100 pieces.

4600 g flour
2100 g water
140 g salt
Weight of dough:
6500 g
4196 g mutton or
4076 g beef
5000 g onion
700 g mutton fat
100 g salt
6 g cumin
48 g pepper
Weight of stuffing:
7700 g
Weight of half-ready
product: 14200 g
100 g vegetable oil
for rubbing
Number: 100
(120 g/each)

Quantity of nutrition
for 100 g:
protein - 62,8 g
oil - 252,5 g
carbohydrate - 98,4 g

Calorie of
1 piece - 300 kcal



Directions:

Mix flour with salty water and make heavier dough. Maintain and shape long cylinder. Cut it into 65 g/each pieces. Place them orderly and press. Roll out edges finely, but 3-4 mm thickness in the middle. Grind mutton or beef and mix with chopped onion, diced fat, salt and spices. Stuff the dough with it and fold to shape triangle.

Place them in baking sheet and sprinkle with water. Bake for 30-35 minutes on 200-240°C heat until golden uniformly. Brush with cold heated oil.

Serve in plate.

GREENS SAMSA

Ingredients: for 100 pieces.

3000 g flour
1400 g water
100 g salt
300 g melted beef fat
400 g mutton fat
2162 g greens
1071 g onion
2 bunches of green
onion
200 g vegetable oil
40 g salt
4 g pepper
3 g cumin
Weight of stuffing:
3000 g
Weight of half-ready
product: 7500 g
Number: 100
(65 g/each)

Quantity of nutrition
for 100 g:
protein - 47,9 g
oil - 237,2 g
carbohydrate - 99,5 g

Calorie of
1 piece - 284 kcal



Directions:

Mix diced mutton fat, salt, spices with greens to prepare stuffing. Make dough from flour and salty water. Cut into 50 g pieces. Roll them out and stuff and fold. Bake for 15-20 minutes in baking oven in 180-200 °C temperature.