

The Hirshon Turkish Manti

Yield: 4 min
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-turkish-manti-recipe>

Ingredients:

- 2 cups all purpose flour
- 1/2 teaspoon salt
- 1 egg lightly beaten
- 1/2 onion small, grated
- 2 cloves garlic microplaned
- 1 pound ground lamb
- 1/3 cup Italian parsley chopped fresh
- salt
- freshly ground pepper
- 1 1/2 teaspoons sweet paprika
- 1 1/2 teaspoons dried spearmint or minced fresh
- 1 1/2 teaspoons cayenne
- 3 teaspoons lemon zest microplaned
- 2 cups full-fat plain yogurt
- 2 garlic cloves crushed and finely chopped
- salt to taste
- 1 tablespoon pepper Turkish, paste, biber salcasi, preferred – buy it from Amazon or use tomato paste
- 4 tablespoons olive oil
- 2/3 tablespoon dried spearmint
- 1 teaspoon ground sumac or more
- 1 teaspoon red pepper flakes or more Turkish, urfa biber – buy it from Amazon

Nutrition:

1. Calories: 790 calories
2. Carbohydrate: 61 grams
3. Cholesterol: 150 milligrams
4. Fat: 46 grams
5. Fiber: 4 grams

6. Protein: 32 grams
 7. SaturatedFat: 16 grams
 8. Sodium: 830 milligrams
 9. Sugar: 7 grams
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