

The Hirshon Armenian Manti – ?????

Yield: 4 min
Total Time: 90 min

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

Ingredients:

- 1 pound ground lamb top-quality organic
- 6 ounces onion – diced fine
- 1 clove garlic about ¼ oz. – chopped fine
- 1 1/2 tablespoons chopped parsley
- 1/2 tablespoon mint chopped
- 2 teaspoons kosher salt
- 1 teaspoon ground black pepper
- 1 teaspoon ground fennel seed
- 1 teaspoon ground black pepper
- 1 teaspoon chili flakes crushed Urfa Biber
- 1/3 teaspoon cayenne optional
- 3 1/4 cups flour and a little extra for bench flour
- 1 whole egg
- 1 tablespoon ground cumin freshly-
- 1 ounce melted butter
- 1/2 cup warm water
- 1/2 cup whole milk
- 1/2 teaspoon kosher salt
- 2 ounces ghee melted, (preferred) or butter, set aside for baking
- chicken broth recipe follows
- yogurt for serving – TFD prefers adding minced fresh herbs and garlic to his
- garlic
- fresh parsley – chopped for serving
- 2 quarts chicken stock
- 2 ounces shallot – sliced
- 3 cloves garlic – sliced
- 4 fresh bay leaves
- 6 sprigs thyme
- 3/4 ounce parsley stems – chopped coarse
- 1 tablespoon whole black peppercorns
- 2 tablespoons extra virgin olive oil

- 1/2 cup white wine
- salt
- pepper

Nutrition:

1. Calories: 1270 calories
2. Carbohydrate: 117 grams
3. Cholesterol: 175 milligrams
4. Fat: 63 grams
5. Fiber: 6 grams
6. Protein: 54 grams
7. SaturatedFat: 18 grams
8. Sodium: 2620 milligrams
9. Sugar: 16 grams

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