

Jamaican Beef Patties

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/mini-jamaican-patties-recipe>

Ingredients:

- 2 cups all purpose flour
- 1 teaspoon salt
- 1/2 teaspoon sugar
- 1 tablespoon curry powder
- 1/4 cup shortening cold
- 1/2 cup ice cold unsalted butter diced into cubes
- 1 1/2 cups water or less, See notes
- 1 1/2 pounds ground beef 85% lean or less
- 1/2 teaspoon base Better Than Bouillon
- 1/4 cup water
- salt for taste
- pepper for taste
- 1 1/4 teaspoons habanero minced, or scotch bonnet is fine
- 1 tablespoon vegetable oil or more if needed
- 1/4 cup flour
- 1 1/2 tablespoons soy sauce
- 1 1/2 teaspoons curry powder
- 1/2 teaspoon garlic powder
- 1 pinch cayenne pepper
- 4 pinches smoked paprika
- 1/2 teaspoon onion powder
- 1/4 teaspoon ground thyme or fresh
- 1 red onion diced
- 2 tablespoons sliced green onions
- 2 garlic cloves minced
- 1 egg beaten

Nutrition:

1. Calories: 450 calories

2. Carbohydrate: 62 grams
3. Cholesterol: 55 milligrams
4. Fat: 19 grams
5. Fiber: 5 grams
6. Protein: 10 grams
7. SaturatedFat: 4 grams
8. Sodium: 1150 milligrams
9. Sugar: 2 grams
10. TransFat: 2 grams

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