

Fried Russian Pelmeni (Dumplings)

Yield: 4 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/russian-dumplings-recipe-beef>

Ingredients:

- 1 large egg
- 6 3/4 tablespoons water
- 6 3/4 tablespoons milk
- 1/2 teaspoon salt
- 4 cups plain flour
- 2 tablespoons olive oil
- 1 1/3 pounds pork
- 7/8 pound beef
- 4 onions medium
- 3 garlic cloves
- 1 tablespoon salt
- 1 teaspoon nutmeg
- 1 tablespoon pepper
- butter

Nutrition:

1. Calories: 1110 calories
2. Carbohydrate: 109 grams
3. Cholesterol: 240 milligrams
4. Fat: 42 grams
5. Fiber: 7 grams
6. Protein: 69 grams
7. SaturatedFat: 15 grams
8. Sodium: 2290 milligrams
9. Sugar: 6 grams
10. TransFat: 1 grams

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