



Esfijas – Arabic Meat Pies

1½ pounds ground beef
1 medium white onion – finely chopped
1 cup chopped mint leaves
½ cup Kefir cheese or Greek style thick plain yogurt
10 5x5 puff pastry squares
1 egg, lightly beaten
Salt & Pepper

- Season ground beef with salt and pepper. Brown. Drain.
- Wipe skillet clean. Coat with a thin layer of olive oil.
- Add onion and cook for 3 to 4 minutes until translucent.
- Return the meat and mix well. Cook for an additional 4 to 5 minutes.
- Add the kefir cheese. Mix well. Add the mint. Turn heat off. Mix well.
- Place your pastry puff squares on a cutting board. Rotate it so it looks a diamond.
- Add a spoonful of filling to the middle.
- Grab the left and right ends and press together in the middle.
- Bring up the other two ends and press together in the middle as well. Seal all edges well. Make a small knot in the middle.
- Place the esfijas on a lined baking pan. Brush esfijas with beaten egg.
- Bake for 20 to 25 minutes or until puffed and browned.
- Serve with extra Kefir cheese or Greek yogurt.
- Enjoy!