



Jamaican Beef Patties

 Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

15

CALORIES

calories

353 kcal

- ANTIPASTI
- STARTER
- SNACK
- APPETIZER

Ingredients

- ☐ 1 cup bread crumbs
- ☐ 1 cup butter cold
- ☐ 2 tablespoons curry powder
- ☐ 1 egg wash (with 1/4 cup water) beaten
- ☐ 2 egg yolks
- ☐ 3 cups flour all-purpose
- ☐ 1 tablespoon thyme leaves fresh
- ☐ 1 pound ground beef

- ☐ 15 servings ground pepper fresh
- ☐ 1 medium onion diced
- ☐ 2 tablespoons vegetable oil; peanut oil preferred
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon salt
- ☐ 4 sprigs scallions sliced
- ☐ 0.5 teaspoon scotch bonnet pepper chopped
- ☐ 1 tablespoon vinegar
- ☐ 0.8 cup iced water
- ☐ 15 servings water

Equipment

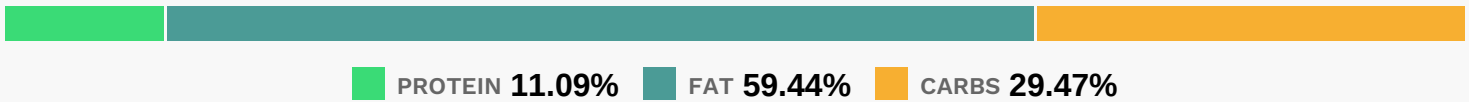
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ plastic wrap

Directions

- ☐ Combine flour, salt, and curry powder in work bowl of food processor, pulse to combine.
- ☐ Add the butter or shortening and process until the mixture looks like fine crumbs. In a bowl combine water, vinegar, and egg yolks.
- ☐ Add wet mixture to work bowl and pulse until a ball forms. Cover dough in plastic wrap and let rest in refrigerator for 1/2 hour.
- ☐ Heat oil in saucepan over medium heat, add onions, scallions, thyme, and Scotch bonnet peppers. When onion begins to soften, add ground beef, salt, and enough water to barely cover meat, simmer over low heat for 20 minutes.
- ☐ Add bread crumbs and adjust with salt and pepper, allow to cool.
- ☐ Preheat the oven to 375 degrees F.

- ☐ Roll the dough out to 1/8-inch thick.
- ☐ Cut the dough into 6-inch circles.
- ☐ Place 2 tablespoons of the meat filling onto half of each dough round.
- ☐ Brush the edges of the dough with the egg wash. Fold the dough over the filling to make a half moon shape and press to seal.
- ☐ Place the patties on a parchment lined cookie sheet and place in the oven for 25 to 35 minutes.

Nutrition Facts



Properties

Glycemic Index:20.73, Glycemic Load:14.05, Inflammation Score:-6, Nutrition Score:9.9299999319989%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg

Nutrients (% of daily need)

Calories: 353.02kcal (17.65%), Fat: 23.26g (35.78%), Saturated Fat: 6.52g (40.78%), Carbohydrates: 25.95g (8.65%), Net Carbohydrates: 24.38g (8.87%), Sugar: 0.96g (1.06%), Cholesterol: 58.3mg (19.43%), Sodium: 325.62mg (14.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.77g (19.53%), Selenium: 17.27µg (24.68%), Vitamin B1: 0.29mg (19.64%), Vitamin B3: 3.3mg (16.5%), Folate: 65.39µg (16.35%), Manganese: 0.31mg (15.65%), Vitamin K: 16.04µg (15.28%), Iron: 2.62mg (14.53%), Vitamin B2: 0.23mg (13.69%), Vitamin B12: 0.75µg (12.42%), Zinc: 1.73mg (11.53%), Phosphorus: 108.69mg (10.87%), Vitamin E: 1.57mg (10.44%), Vitamin B6: 0.15mg (7.68%), Copper: 0.13mg (6.65%), Fiber: 1.57g (6.26%), Magnesium: 21.07mg (5.27%), Vitamin B5: 0.53mg (5.26%), Potassium: 165.82mg (4.74%), Calcium: 45.08mg (4.51%), Vitamin C: 2.22mg (2.69%), Vitamin A: 114.67IU (2.29%), Vitamin D: 0.22µg (1.46%)