



## Piroshki (A Savoury, Filled Pastry)

READY IN



80 min.

SERVINGS



8

CALORIES



714 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 tablespoons butter
- ☐ 3 tablespoons butter
- ☐ 4 tablespoons butter
- ☐ 1 cup cheese grated canned (you can sub gouda or cheddar)
- ☐ 4 ounces cream cheese cooked softened mashed (or 1 medium potato, and )
- ☐ 1 eggs
- ☐ 1 egg yolk for pastry (for egg wash )
- ☐ 2 cups flour
- ☐ 3 tablespoons dill dried fresh minced (or)

- ☐ 2 spring onion minced
- ☐ 0.8 lb ground beef
- ☐ 2 hardboiled eggs minced
- ☐ 4 tablespoons water
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1 lb mushrooms minced
- ☐ 1 pinch nutmeg grated
- ☐ 1 large onion chopped
- ☐ 1 medium onion minced
- ☐ 2 medium onion minced
- ☐ 1 lb potatoes
- ☐ 0.3 teaspoon salt
- ☐ 8 servings salt and pepper
- ☐ 0.8 cup butter unsalted chilled
- ☐ 2 tablespoons water

## Equipment

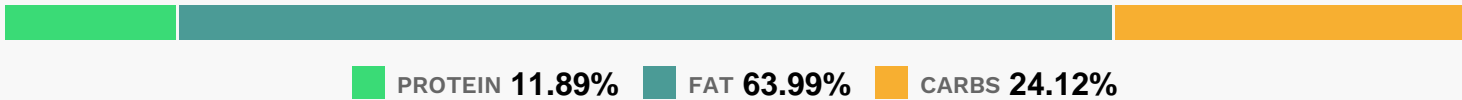
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ plastic wrap

## Directions

- ☐ Cut butter into pieces.
- ☐ Combine flour, butter, and salt using a knife or pastry blender.

- ☐ Sprinkle with 4 tablespoons ice water. Form into ball as you would pie dough. May need to add remaining 2 tablespoons water. Wrap in plastic wrap and refrigerate for 1 hour.
- ☐ Place pastry dough on floured board; roll out into rectangle. Fold over into thirds.
- ☐ Roll out again into rectangle. Continue rolling and folding five times. Rewrap in plastic; return to refrigerator for 1 hour. Preheat oven to 400F. Grease baking sheet.
- ☐ Roll dough out to 1/8-inch thickness.
- ☐ Cut dough using 3 -inch round cutter.
- ☐ Place about 1 tablespoon of filling on each pastry circle. Fold dough over making half moons; press together edges together using ice water to seal.
- ☐ Place pies on baking sheet.
- ☐ Whisk together egg yolk and 2 tbsps water; brush pies with egg wash.
- ☐ Bake about 30–40 minutes or until golden brown. For Meat Filling: saut onion in 2 tablespoons butter until soft.
- ☐ Add ground beef and sear until light gravy forms.
- ☐ Let cool.
- ☐ Mix in egg, dill, salt and pepper. For Potato Filling: Fry the onions in the butter until soft and golden-brown. Boil the potatoes in their jackets, then peel and mash them.
- ☐ Let cool slightly. Season with plenty of salt and pepper and mix in the onions and egg. For Mushroom Filling: In a pan or skillet, saute the mushrooms, onion, and shallots in the butter until the onion is translucent.
- ☐ Add the lemon juice, salt, pepper, and nutmeg. Continue to cook, stirring until nearly all the moisture is evaporated. Cool mixture slightly and mix in cream cheese or mashed potato. I like to sprinkle poppy seeds over the egg washed pastries filled with the mushroom filling. Note: these pastries are very good made with phyllo pastry, too.

## Nutrition Facts



## Properties

Glycemic Index:72.22, Glycemic Load:26.53, Inflammation Score:-8, Nutrition Score:22.559130316195%

## Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.9mg, Quercetin: 12.9mg, Quercetin: 12.9mg, Quercetin: 12.9mg

Nutrients (% of daily need)

Calories: 713.73kcal (35.69%), Fat: 51.38g (79.04%), Saturated Fat: 28.81g (180.09%), Carbohydrates: 43.57g (14.52%), Net Carbohydrates: 39.63g (14.41%), Sugar: 5.09g (5.65%), Cholesterol: 229.64mg (76.55%), Sodium: 572.51mg (24.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.48g (42.95%), Selenium: 35.12µg (50.17%), Vitamin B2: 0.69mg (40.82%), Phosphorus: 336.86mg (33.69%), Vitamin B3: 6.45mg (32.27%), Vitamin A: 1482.68IU (29.65%), Vitamin B1: 0.41mg (27.54%), Folate: 109.14µg (27.28%), Vitamin B6: 0.52mg (26.1%), Manganese: 0.47mg (23.58%), Vitamin B12: 1.41µg (23.47%), Zinc: 3.49mg (23.25%), Iron: 4.08mg (22.66%), Vitamin C: 18.17mg (22.03%), Potassium: 765.76mg (21.88%), Vitamin B5: 1.95mg (19.5%), Calcium: 192.38mg (19.24%), Copper: 0.37mg (18.26%), Fiber: 3.94g (15.75%), Magnesium: 52.16mg (13.04%), Vitamin K: 11.69µg (11.13%), Vitamin E: 1.57mg (10.44%), Vitamin D: 1.07µg (7.11%)