



Taylor's Piroshki

READY IN



120 min.

SERVINGS



35

CALORIES



158 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 ounce yeast dry
- 35 servings dill dried to taste
- 3 eggs
- 4 cups flour all-purpose
- 2 tablespoons granulated sugar
- 1.5 pounds ground beef
- 35 servings pepper black to taste
- 1 cup milk
- 3 cups cooking oil for frying

- 1 onion finely chopped
- 1 teaspoon salt
- 0.5 cup vegetable oil
- 0.3 cup water

Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- whisk
- mixing bowl
- deep fryer

Directions

- In a medium skillet over medium heat, cook the ground beef until evenly browned; drain. Stir in the onion and cook with the beef until translucent.
- Sprinkle in salt, pepper and dill weed to taste. Allow to cool before using.
- Dissolve the yeast in the 1/4 cup of warm water and place in a warm location until frothy, about 10 to 15 minutes. In a medium saucepan over low heat, warm the milk and gently whisk in the eggs, oil, sugar and salt.
- Remove from heat.
- Place half the flour in a large mixing bowl and gradually stir in the milk mixture. Then add the yeast solution alternately with the remaining flour, stirring after each addition.
- Mix well. Knead until the dough forms a ball and does not stick to the bowl. (Note: Start with the 4 cups of flour. You may need to add more, a little at a time, as you knead the dough). Cover the bowl with a clean cloth. Set in a warm location and allow to rise until doubled in volume.
- Remove dough from bowl and place on a lightly floured surface. Pinch off pieces approximately the size of golf balls.
- Roll the pieces into disks about 3 1/2 to 4 inches in diameter.

- Fill center of each disk with a heaping tablespoon of the cooled meat mixture. Fold disks over the mixture and firmly pinch edges to seal. Arrange on a flat surface and allow to sit approximately 10 minutes.
- In an large, heavy skillet or deep fryer, heat the oil to 375 degrees F (190 degrees C). Deep fry the piroshki in batches until golden brown on one side; gently turn and fry the other side.
- Remove and let drain on a plate lined with paper towels.

Nutrition Facts



Properties

Glycemic Index:6.92, Glycemic Load:8.57, Inflammation Score:-2, Nutrition Score:5.423043432443%

Flavonoids

Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 157.74kcal (7.89%), Fat: 9.14g (14.06%), Saturated Fat: 2.15g (13.41%), Carbohydrates: 12.94g (4.31%), Net Carbohydrates: 12.28g (4.47%), Sugar: 1.21g (1.34%), Cholesterol: 28.67mg (9.56%), Sodium: 90.18mg (3.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.84g (11.69%), Selenium: 9.09µg (12.99%), Vitamin B1: 0.15mg (10.26%), Iron: 1.62mg (8.98%), Vitamin B3: 1.79mg (8.95%), Folate: 34.63µg (8.66%), Vitamin B2: 0.14mg (8.14%), Vitamin B12: 0.49µg (8.12%), Manganese: 0.16mg (7.89%), Zinc: 1.05mg (6.97%), Phosphorus: 68.44mg (6.84%), Vitamin E: 0.86mg (5.71%), Vitamin B6: 0.1mg (5.2%), Vitamin K: 4.49µg (4.27%), Potassium: 124.39mg (3.55%), Calcium: 35.49mg (3.55%), Magnesium: 12.86mg (3.21%), Vitamin B5: 0.28mg (2.77%), Fiber: 0.65g (2.62%), Copper: 0.04mg (2.2%), Vitamin A: 90.77IU (1.82%), Vitamin D: 0.17µg (1.14%)