Mantu from Afghanistan

Ingredients

3-4 tomatoes
1 T vegetable oil, for the tomatoes
½ cup yellow split peas
1 tsp salt
2 cup onions, chopped
1 tsp black pepper
1 tsp coriander powder
1 T vegetable oil, for the pressure cooker
1 T dried, ground coriander
3-4 green onions
1 bunch fresh cilantro
1 lb ground beef
3 cup flour dumpling wrappers (or you can make your own with flour and water)
1 cup homemade yogurt

Method

Chop tomatoes roughly, then puree in a blender. Heat a pot over medium heat. Add oil, then pureed tomatoes. Cook until fried. Turn the temperature to low. Add yellow split peas and salt. Simmer on low until cooked. While the peas and tomatoes cook, peel onion and chop. Add onions to a pressure cooker with oil, salt, black pepper, and coriander. Cook for 5 minutes. Once cooked, let cool. Chop cooked onions into small pieces. Chop green onions and cilantro into small pieces. Mix cilantro, onions, and green onions with beef. Add salt, black pepper, and powdered coriander to the beef mixture.

Take a dough dumping wrapper and add a spoonful of the beef mixture. Seal the top in a flower shape. Repeat and put several inside a food steamer. Cook on high heat for about 30 minutes. Top with homemade yogurt and pea and tomato mixture. Garnish with cilantro.

Recipe shared by Chef Fareshta for Refugee Recipe Celebration