

## CHINESE PITA BREAD (肉餅)

(YIELD: 4 ~ 8 PIECES)



### INGREDIENTS

#### A. DOUGH

1. 4 cups all-purpose flour
2. 50 ml green onion/ginger water

#### B. FILLING

1. ½ pound ground meat
2. 1 ¼ cup green onion
3. ½ cup chopped ginger
4. 1 oz. black pepper
5. 2 tablespoon salt
6. 2 tablespoon sesame oil
7. (optional) oil

## PREPARATION

1. Knead together the all-purpose flour and green onion/ginger water and let it sit for 30 minutes.
2. Mix together all of the ingredients in B except green onion. Then follow the steps below.



3. Separate the dough into even pieces, knead until round and press down to form the round shapes. In a non-stick pan, and (optional) some oil, part steam and part pan-fry with low heat and lid on for about 10 to 15 minutes or until golden brown.

