

Manti from Thin Sheet of Dough

Authentic Turkish Manti recipe with thin dough sheets, spiced beef filling, and yogurt sauce. Step-by-step guide to this traditional dumpling dish.

20 min

PREP

15 min

COOK

35 min

TOTAL

4

SERVINGS

Medium

DIFFICULTY

Ingredients

- 4 thin sheet of dough
- 1 lb ground beef
- 3 onion
- 2 tbsp tomato paste
- 3 clove garlic
- 0.5 tbsp salt
- 0.5 tbsp black pepper
- 0.5 tbsp cumin
- 5 tbsp plain yogurt
- 5 tbsp butter

Instructions

- 1 Prepare the meat filling**

Heat a medium pan over medium heat and add 1 pound ground beef with 3 diced onions. Cook, stirring frequently, until the meat is browned and onions are soft and translucent, about 8-10 minutes.
- 2** Add 2 tablespoons tomato paste, 3 minced garlic cloves, 1/2 tablespoon salt, 1/2 tablespoon black pepper, and 1/2 tablespoon cumin to the meat mixture. Cook, stirring constantly, for 2-3 minutes until fragrant. Remove from heat and let cool completely, about 20 minutes.
- 3 Prepare the dough**

Melt 3 tablespoons butter in a small saucepan over low heat until completely liquefied. Remove from heat.

- 4 Place your thin dough sheet on a clean work surface and brush the entire surface evenly with the melted butter using a pastry brush.
- 5 **Assemble the manti**

Spread the cooled beef mixture evenly across the buttered dough sheet, leaving a 1-inch border around all edges.
- 6 Starting from one long edge, tightly roll the dough into a log. Using a sharp knife, slice the roll into pieces about 1.5 inches thick.
- 7 **Bake the manti**

Preheat oven to 356°F (180°C) and line a large baking sheet with parchment paper.
- 8 Place manti slices cut-side up on the prepared baking sheet, spacing them 2 inches apart. Bake for 15-20 minutes until the dough is golden brown and crispy on the edges.
- 9 **Make the garlic yogurt sauce**

While manti bakes, mix 5 tablespoons yogurt with the remaining minced garlic cloves in a small bowl. Season with salt and pepper to taste.
- 10 **Prepare the paprika butter**

Heat remaining 2 tablespoons butter in a small pan over low heat until melted. Add paprika and cook, stirring gently, for 1-2 minutes until fragrant and deep red.
- 11 **Serve**

Remove manti from oven and immediately top each piece with a dollop of garlic yogurt sauce. Drizzle the paprika butter over the top and serve hot.

Tips

Roll the dough as thin as possible – you should almost be able to see through it. This ensures quick, even cooking and the authentic tender texture.

Don't overfill the manti. Too much filling will cause the dough to burst during cooking and make folding difficult.

Make sure your garlic yogurt is at room temperature before serving to prevent shocking the hot manti and ensure smooth mixing.

Toast the paprika gently in butter – high heat will make it bitter. The oil should just barely bubble around the spice.

If your dough springs back while rolling, let it rest covered for 10-15 minutes to relax the gluten.

For extra flavor, add a bay leaf to the cooking liquid if you choose to boil instead of bake your manti.

Serve immediately after adding the sauces to prevent the dough from becoming soggy.

Use fresh, high-quality yogurt for the best flavor and texture in your garlic sauce.