

Afghan Beef Raviolis (Mantwo): A Traditional and Flavorful Dumpling Dish

Afghan Beef Raviolis (Mantwo): A Culinary Journey to Afghanistan



TIME
30 min

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INGREDIENTS

2 cups all-purpose flour
1/2 teaspoon salt
1 large egg
1/2 cup water (more if needed)
1 pound ground beef
1 onion, finely chopped
2 cloves garlic, minced
1 teaspoon ground cumin
1 teaspoon ground coriander
Salt and pepper to taste
1/4 cup fresh cilantro, chopped (for garnish)
Yogurt (for serving)

DIRECTIONS

1. In a large bowl, combine the flour and salt. Make a well in the center and add the egg and water. Mix until a dough forms, then knead for about 5 minutes until smooth. Cover and let it rest.
2. In a skillet, heat some oil over medium heat. Add the chopped onion and garlic, sautéing until translucent.
3. Add the ground beef, cumin, coriander, salt, and pepper. Cook until the beef is browned and cooked through. Remove from heat and let it cool.
4. Roll out the dough on a floured surface until thin. Cut into squares (about 3 inches each).
5. Place a spoonful of the beef mixture in the center of each square. Fold the dough over to form a triangle and pinch the edges to seal.
6. Bring a large pot of salted water to a boil. Cook the dumplings in batches for about 5-7 minutes or until they float to the surface.
7. Serve hot, garnished with fresh cilantro and a dollop of yogurt.

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