

## Chinese Meat Pies: Crispy Pan-Fried Delights (Xian Bing)

Chinese Meat Pies: Crispy Pan-Fried Delights for Your Next Meal!



**TIME**  
**10 min**

**TEMP**  
**160°F**

**METHOD**  
**Air fryer**

**PRINT**  
**Recipe Card**

### INGREDIENTS

- 3 cups all-purpose flour
- $\frac{3}{4}$  cup warm water
- ... teaspoon salt
- 1 lb ground beef (lean or 80/20 blend)
- 2 green onions, finely chopped
- 1 tablespoon ginger, minced (freshly minced is best!)
- 2 cloves garlic, minced (freshly minced)
- 2 tablespoons soy sauce (low sodium preferred)
- 1 tablespoon oyster sauce
- 1 tablespoon sesame oil (toasted sesame oil for richer flavor)
- $\frac{1}{8}$  teaspoon white pepper
- 1 teaspoon sugar (granulated)
- 2-3 tablespoons vegetable oil (for frying)

#### Swaps and Notes:

**Ground Beef:** While ground beef is traditional, you could use ground pork or a mix of ground beef and pork for a different flavor profile. Ensure it's not too lean, as some fat adds to the juiciness.

**Ginger & Garlic:** Freshly minced ginger and garlic are crucial for authentic flavor. Don't use dried here.

**Soy Sauce & Oyster Sauce:** These are essential for the savory, umami flavor of the filling.

**Sesame Oil:** Toasted sesame oil provides a much richer, nuttier aroma and taste compared to regular

sesame oil.

**White Pepper:** Adds a distinct Asian flavor and a subtle heat.

**Dough Water:** The amount of warm water for the dough can vary slightly depending on humidity and flour. Add it gradually until a cohesive, pliable dough forms.

**Resting the Dough:** Don't skip the dough resting step; it allows the gluten to relax, making the dough easier to roll.

**Directions:**

**For the Dough:**

**Mix Dry & Wet:** In a large bowl, mix the all-purpose flour and salt. Gradually add the  $\frac{3}{4}$  cup warm water while stirring with a spoon or your hands until a shaggy dough forms.

**Knead Dough:** Transfer the dough to a lightly floured surface. Knead it for 8-10 minutes until it becomes smooth, elastic, and no longer sticky.

**Rest Dough:** Cover the dough with plastic wrap or a damp cloth and let it rest at room temperature for 30 minutes. This allows the gluten to relax, making the dough easier to roll out.

**For the Filling:**

**Combine Filling Ingredients:** In another medium bowl, combine the 1 lb ground beef, finely chopped green onions, minced ginger, minced garlic, soy sauce, oyster sauce, sesame oil, white pepper, and sugar.

**Mix Thoroughly:** Mix thoroughly with your hands or a spoon until all ingredients are well combined and the mixture feels somewhat sticky. Set aside.

**Assembly and Cooking:**

**Divide Dough:** Once the dough has rested, divide it into 12 equal pieces.

**Roll Dough Circles:** On a lightly floured surface, take one piece of dough and roll it out with a rolling pin into a thin circle, about 4-5 inches wide. Keep the other dough pieces covered to prevent drying.

**Fill Pies:** Spoon 2 tablespoons of the meat filling into the center of each dough circle.

**Seal Pies:** Bring the edges of the dough circle together over the filling, gathering them like a purse or dumpling. Pinch the seams tightly to seal, forming a round, meat-filled pouch. Flatten the pouch slightly with your palm into a disk shape (about  $\frac{1}{2}$  inch thick). Ensure the seal is secure to prevent filling from leaking during frying.

**Heat Oil:** Heat 2-3 tablespoons of vegetable oil in a large skillet (a non-stick or cast iron skillet works well) over medium heat. You want enough oil to cover the bottom of the pan evenly.

## DIRECTIONS

1. **Making :** Chinese Meat Pies involves preparing the dough and filling, then assembling and pan-frying for a crispy finish!
2. **For the Dough:: Mix Dry & Wet:** In a large bowl, mix the all-purpose flour and salt. Gradually add the  $\frac{3}{4}$  cup warm water while stirring with a spoon or your hands until a shaggy dough forms.
3. **Knead : Dough:** Transfer the dough to a lightly floured surface. Knead it for 8-10 minutes until it becomes smooth, elastic, and no longer sticky.
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5. **For the Filling:: Combine Filling Ingredients:** In another medium bowl, combine the 1 lb ground beef, finely chopped green onions, minced ginger, minced garlic, soy sauce, oyster sauce, sesame oil, white pepper, and sugar.
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10. **Seal :** Pies: Bring the edges of the dough circle together over the filling, gathering them like a purse or dumpling. Pinch the seams tightly to seal, forming a round, meat-filled pouch. Flatten the pouch slightly with your palm into a disk shape (about 1/8 inch thick). Ensure the seal is secure to prevent filling from leaking during frying.
11. **Heat :** Oil: Heat 2-3 tablespoons of vegetable oil in a large skillet (a non-stick or cast iron skillet works well) over medium heat. You want enough oil to cover the bottom of the pan evenly.
12. **Fry :** Pies: Add the meat pies to the hot skillet, seam side down, cooking in batches if necessary to avoid overcrowding the pan. Fry until golden brown, about 3-4 minutes per side. The meat should be cooked through (an internal temperature of 160°F / 71°C).
13. **Drain & :** Serve: Use tongs or a slotted spatula to remove the cooked meat pies from the skillet. Drain on paper towels to absorb any excess oil. Serve hot, traditionally with a soy-vinegar dipping sauce (equal parts soy sauce and rice vinegar, with a dash of sugar and sesame oil) or chili oil for a spicy kick.
14. **Tips for Success:** Thinly Sliced Ginger/Garlic: Mincing ginger and garlic very finely ensures their flavor is well distributed without large chunks.
15. **Resting the :** Dough: Don't skip the resting step for the dough; it makes it much more pliable and easier to roll.
16. **Seal :** Tightly: This is crucial! Pinch the seams of the dough very tightly to prevent the filling from oozing out during frying.
17. **Don't :** Overcrowd: Fry in batches to maintain consistent oil temperature and ensure even browning.
18. **Even :** Thickness: Try to roll the dough to a uniform thickness for even cooking.
19. **Cook :** Through: Ensure the meat filling is fully cooked. You can gently press the center of the pie with a spatula while frying; if it feels firm and juices run clear, it's likely done.
20. **Serving Suggestions and Pairings:** Chinese Meat Pies are a fantastic appetizer or a hearty snack on their own. They're also perfect as part of a larger Asian-inspired meal. Serve them with a simple soy-vinegar dipping sauce (equal parts soy sauce and rice vinegar with a dash of sesame oil) or your favorite chili oil. For a complete meal, pair them with steamed white rice or a light cucumber salad. For other Asian-inspired dishes, consider my Chinese Pepper Steak!
21. **Storage and Leftover Tips:** Chinese Meat Pies are best enjoyed fresh and hot. If you have leftovers, store them in an airtight container in the refrigerator for up to 2-3 days. To reheat, the best method is to warm them in a dry skillet over medium heat, or in a toaster oven or air fryer, until heated through and re-crisped. Microwaving is not recommended as it will make them soggy. Uncooked meat pies can be frozen on a baking sheet until solid, then transferred to a freezer bag for up to 1 month. Fry from frozen, adding a few minutes to cooking time.

22. More Recipes You Will Love: If you loved the savory flavors and the satisfaction of making these unique Chinese Meat Pies, here are a few more fantastic savory recipes that I think you'll absolutely love:
23. For another crowd-pleasing, cheesy dip, check out my [This Crockpot Nacho Dip Is the Reason I Never Have Leftovers](#).
24. If you're a fan of quick and easy ways to feed a crowd with cheesy goodness, don't miss my [These Sheet Pan Quesadillas Are My Favorite Way to Feed a Crowd Fast](#).
25. For a fun, customizable, and no-fuss meal perfect for entertaining, my [This Walking Taco Bar Is My Favorite No-Fuss Way to Feed a Crowd](#) is a fantastic choice.

## SWAPS & NOTES

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### TIPS FOR SUCCESS

**Thinly Sliced Ginger/Garlic:** Mincing ginger and garlic very finely ensures their flavor is well distributed without large chunks.

**Resting the Dough:** Don't skip the resting step for the dough; it makes it much more pliable and easier to roll.

**Pinch the seams of the dough very tightly** to prevent the filling from oozing out during frying.

**Don't Overcrowd:** Fry in batches to maintain consistent oil temperature and ensure even browning.

**More recipes:** [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/chinese-meat-pies-crispy-pan-fried-delights-xian-bing/>