

## Beef

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# Patisse (Ground Beef Turnover, Easy Version)

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Palm Beach Post

**1 package frozen puff pastry sheets**  
**1 onion, sliced**  
**2 cloves garlic, sliced**  
**2 to 3 tablespoons canola oil**  
**1 1/2 pounds ground sirloin**  
**2 to 3 tablespoons taco/chili seasoning salt (to taste)**  
**freshly ground black pepper (to taste)**  
**2 to 3 tablespoons Worcestershire sauce**  
**1 small onion, diced**  
**1 small bunch fresh mint, chopped**

Preheat the oven to 400 degrees.

Thaw the pastry according to directions. Set aside on a counter under a damp kitchen towel.

Saute' the onion and garlic in the oil until translucent. Add the meat and saute', breaking up, until it loses color.

Add the taco seasoning, pepper and Worcestershire sauce. Cook, stirring often, until done. Add a small amount of water to prevent sticking. The meat filling should be fairly dry. Set aside to cool completely.

Mix the diced onion and chopped mint with the cooled beef.

Cut each sheet of pastry into the three folded portions. Cut each long portion into three. On a floured surface, roll out each piece slightly to about a 4-by-4-inch square.

Place about 1 to 1-1/2 tablespoons of meat filling on each square. Dab the edges with eggwash and fold into a triangle. Pinch the two edges with your thumb or fork tines, making sure that they are sealed.

Brush the filled pies with eggwash. Line two baking sheets with parchment. Place the pies on the two baking sheets.

Bake for about 20 minutes or until the pastry is puffed and golden brown. You may have to switch pan positions midway through baking. Cool on a wire rack.

Serve with a hot-tangy sauce for dipping.

Yield: 18 pies

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Per Serving (excluding unknown items): 6939 Calories; 647g Fat (83.5% calories from fat); 149g Protein; 139g Carbohydrate; 8g Dietary Fiber; 470mg Cholesterol; 1375mg Sodium. Exchanges: 7 Grain(Starch); 18 1/2 Lean Meat; 4 Vegetable; 118 Fat; 1/2 Other Carbohydrates.