

PAN ROLLS W/ MINCE

(Joy Pinto)

Ingredients

1 lb ground beef

Method:

- ❖ Cut fine 2 small onions, 6-7 cloves fresh garlic, $\frac{3}{4}$ " piece ginger and sauté in a little oil (2 tbsp) then add the mince and fry well.
- ❖ Add $\frac{3}{4}$ tsp pepper powder, $\frac{1}{2}$ tsp each garlic, ginger powders, $\frac{1}{4}$ tsp turmeric powder (1 tsp curry powder - optional)
- ❖ Add tamarind juice (or vinegar) and salt to taste.
- ❖ Fry well and when cooked turn off heat and add the following cut fine.
- ❖ 1-2 green chillies, 3-4 stalks of fresh coriander, a few mint and fenugreek leaves.
- ❖ Drain away the excess fat.

Pan Roll Ingredients:

2 cups flour

2 eggs (whole)

1 cup each milk and water

Salt to taste

$\frac{1}{2}$ tsp baking powder

Method:

- ❖ Beat all the ingredients well together with an egg beater - if too thick add more water to the batter.
- ❖ Grease and heat well a non-stick frying pan. Pour enough batter to line the bottom of the pan (thinly) and place on med-high heat.
- ❖ When the batter curls away at the edges - it's ready and toss the pancake onto a cutting board.
- ❖ Place a tablespoon of filling about 2" away from the end of pancake circle. Turn the two sides over the filling and roll away from you.
- ❖ Dip pancake in the egg batter, coat with bread crumbs and fry both sides in a little oil.