

HOW TO MAKE MONGOLIAN BUUZ – RECIPE AND INSTRUCTIONS

Buuz are a favourite staple of traditional Mongolian cuisine. They are eaten throughout the year, however these steamed meat dumplings are synonymous with Tsagaan Sar celebrations. In the run up to the Mongolian New Year festivities, single families will make thousands of buuz in preparation for visitors from far and wide. Luckily, the February snow provides plenty of freezer space!

1. Ingredients

For the dough

500g plain flour
250ml water

For the filling

500g Lamb (leg or shoulder is best - avoid shop-bought mince as it tends to make the buuz very dry)
2 medium onions
4 garlic cloves
1 red chilli (*optional*)
Dash of Worcestershire or Soy sauce
1 egg
2-3 tablespoons of water
Salt and Pepper

For a vegetarian option, simply substitute the lamb for tofu or soy protein and mixed veggies such as mushroom, carrot, capsicum, potato, onion and cabbage (or anything you have to hand). Cut these in to small pieces (<0.5cm²)

2. Preparing the dough

Mix the flour and cooled boiled water to form a firm dough. If the dough is too wet, add some more flour. If it is too flaky, add a drop more water. Knead for 5-10 minutes until smooth and pliable. Set aside to rest for at least 10 minutes.

3. Preparing the filling

Finely chop the meat by hand, ensuring that you include plenty of the fat. Finely chop the onions, garlic, chilli, and mix in a bowl with the lamb and other seasoning.

4. Cutting the dough

- Cut the dough into 2 cm (0.8 in) thick slices, roll the slices into long sausages.
- Cut the rolls into pieces of 3 cm (1.2 in), then roll each piece into a circle and flatten slightly with the palm of your hand.
- Roll the pieces into circles of about 7 cm (2.8 in) diameter, making the centre slightly thicker than the edge.
- It is best only to roll as many circles you can then process into buuz within a few minutes. Forming the dumplings will be more difficult when the dough is already starting to get dry.



5. Form the buuz

The decorative design of the buuz is a matter of honour for the cook. At first, the result will probably look a bit clumsy. Mongolian experts produce small miracles in no time almost without looking.

There are several different possibilities to form the buuz, but the classic shape is the round buuz with a circular pinched pattern.

- Hold one circle the open hand (the left one for right-handers) and place about one tea spoon of the meat mass in the centre.
- Fold the edge at one side, and press it together with your fingers.



- Create another fold next to the previous one, slightly offset to the outside, and press it together as well.
- Continue this way, continuously rotating the buuz as you go along.



- When done right, then this will result in a ring, which keeps the pocket together at the top.
- A small opening remains open in the centre, which will help steam escape during the cooking process.

6. Cook the buuz

The finished Buuz are steamed without pressure. The easiest way to do this is a special pan with perforated inlays. Such inlays are also available for normal pans. Flat and wide inlays are used for the wok type pan used on the stove in a Mongolian ger.



- Oil the inlays, or dip the bottom of each buuz in oil.
- Place the buuz on the inlay, ideally without touching each other.
- Fill sufficient water into the bottom of the pan.
- Insert inlays, close the lid, and don't open it anymore until the buuz are finished.
- Keep the steam going for about 15 minutes
- Now open the lid, and fan some air to the buuz, eg. with a cutting board. This will give them a glossy sheen.

7. Serving Suggestion

Traditional mongolian cuisine does not bother much with vegetables or salad, and as such the buuz are considered a complete meal (possibly with ketchup, soy sauce or other condiment). Served this way the quantities given will feed 4 people.

When served with vegetables or salad, the quantities should easily feed 6-8 people.

8. ENJOY!

Some pictures and some textual elements courtesy of www.mongolfood.info