



“Patté Bef” Haitian Beef Patty

Ingredients:

1 lb. Ground Beef	1 pkg. Puff Pastry Sheets	5 tbsps. Epis
1/2 tsp. Goya Adobo	1/2 Red Pepper, diced	1/2 Green Pepper, diced
1 small Onion, diced	1 Shallot, diced	1 Egg
1/4 tsp. Salt and to taste		

Directions:

1. In a skillet on high heat, place your ground beef, 5 tbsps. of epis, and 1 tsp. of Adobo. Mix ingredients thoroughly as pan starts to heat up. Continue to mix contents every 1 - 2 minutes for 5 - 7 minutes to make sure that ground beef is crumbled.

Note: I recommend using lean meat with less fat content. If not, try to drain as much of the oil as possible when it has cooked down. If too much fat/oil remain, when stuffed in the pastry, it will leave the bottom of the patty oily and soggy.

2. After about 5 - 7 minutes, when ground beef has started to brown but has not completely cooked, add in all your diced vegetables: green peppers, red peppers, shallots, and onions. Mix ingredients thoroughly to well incorporate with the ground beef and continue to cook for another 5 - 7 minutes. Be sure to stir every 1 - 2 minutes or so.

3. When the beef has fully cooked and browned, the vegetables have become tender, and most of the liquid has dried, add about 2 tbsps. of tomato paste.

4. Mix thoroughly to well incorporate the tomato paste. Continue to cook for another 5 minutes, stirring occasionally to ensure most of the liquid has dried. Sample the beef mixture and add salt to taste if desired. Afterwards, remove from heat and set aside to lightly cool while preparing puff pastry sheets.

5. Lay out your puff pastry sheet and cut into 6 equal rectangles. Do the same with the 2nd sheet for a total of 12 pieces.

6. Use a rolling pin to flatten and enlarge each individual piece of puff pastry. *Flour your surface to prevent it from sticking.

7. With each rectangle, place about 3 tbsps. of beef onto one side being careful to avoid the edges.

8. Fold the top half over to enclose the beef filling then using a fork, firmly press down the edges to seal the filling inside.

9. Repeat the same process for all remaining pieces and place on an aluminum lined baking sheet.

10. In a bowl whisk the egg with about 1/4 tsp. of salt. Brush the egg wash over the patties.

11. In a preheated oven of 350 degrees F, place the baking sheet with patties in the center rack and bake for 30 minutes. Once done, remove from oven and let cool for about 5 - 10 minutes before using a spatula to remove off the aluminum lining.

12. Beef Patties are ready to be served!