



# Ground beef pizza boats (Peinirli)

30'

Hands on

60''

Hands off

40'

Cook Time

4

Portion(s)

2

Difficulty



## Method

### For the dough

- In a mixer's bowl add the water, yeast, and sugar, and mix with a **hand whisk**. Allow 10 minutes for the yeast to be activated.
- Add the flours, salt, olive oil, and beat with the hook attachment on medium speed for 5-6 minutes, until a nice dough is formed.
- Transfer the dough into a greased **bowl**, cover with plastic wrap, and allow one hour for it to rise and double in volume.

### For the ground beef

- Place a **deep pan** over medium-high heat.
- Add 1 tablespoon olive oil, the onion finely chopped, the garlic finely chopped, and sauté.
- Add the sugar, fenugreek, cumin, chili flakes, and mix with a **wooden spoon**.
- Add the ground beef and sauté with the wooden spoon, until browned.
- Add salt and pepper, deglaze the pan with the wine, and as soon as it evaporates, add the tomato.
- Simmer on medium heat for 20-25 minutes, until the ground beef is done.
- Add the parsley and the thyme finely chopped, and mix. Set aside.

### To assemble

- Preheat the oven to 200° C (392° F) set to fan.
- **Cut** the dough into 4 pieces.
- Sprinkle one piece with flour and with a rolling pin, give it an oval shape. Follow the same process for the other three pieces.
- Transfer into a **baking pan** lined with parchment paper.
- Divide the ground beef in the center of each dough along with the grated cheese, and close the pizza boats by lifting the sides of the dough and folding them inwards.
- **Brush** olive oil and bake for 10-15 minutes.

## Ingredients

### For the dough

- 350 g water, room temperature
- 1 tablespoon active dry yeast
- pinch of granulated sugar
- 500 g hard flour (bread flour)
- 100 g whole-wheat flour
- salt
- 1 teaspoon olive oil

### For the filling

- 1 tablespoon olive oil
- 1 onion
- 1 clove of garlic
- 1 tablespoon granulated sugar
- ½ teaspoon fenugreek
- 1 teaspoon cumin
- pinch of chili flakes
- 400 g ground beef
- salt
- pepper
- 50 g red wine
- 400 g canned tomatoes
- ½ bunch parsley
- 1 tablespoon thyme

### To assemble

- 100 g kasseri cheese, grated
- 40 g olive oil

### To serve

- fresh oregano

## Διατροφικός πίνακας

### Nutrition information per portion

1020 Calories (kcal)	38.0 Total Fat (g)	14.0 Saturated Fat (g)	117.0 Total Carbs (g)
51%	54%	70%	45%

- Serve with fresh oregano.

11.0 Sugars (g)	47.0 Protein (g)	8.3 Fibre (g)	1.9 Sodium (g)
12%	94%	33%	32%