

Karelian Pies



Ingredients:

Makes 16 pieces

RICE FILLING:

7 ½ dl / 3 cups whole milk

2dl / 1 cup Arborio rice (uncooked)

1-2tsp salt

CRUST:

2 ½ dl / 1 cup rye flour

**1 dl / ½ cup all-purpose white flour or
“00” flour (used often when making
pasties and pizza)**

1-2 tsp salt

1 ½ dl / 0,8 cup water

(1 tbsp. oil)

Recipe by **Chef Anna**

ENJOY WARM OR
COLD WITH
BUTTER, CHEESE
OR ANYTHING!



RICE FILLING:

Bring milk to a boil in a saucepan with a thick bottom. Add the rice whilst frequently stirring. Simmer at a low heat for approximately 30 – 40 minutes, until cooked. Season the rice porridge with salt and butter and set aside to cool.

TIP! When rice filling has been cooled add 1 egg! It makes the filling shiny and it's easier to spread on the crust!

CRUST:

Stir the flours and salt into water and knead into a solid dough. Form the dough into a bar on a well-floured baking board, and cut the bar into 20 pieces. Form little balls from the pieces and then flatten them.

Sprinkle some rye flour onto the baking board, and with a rolling pin, roll a piece of the dough into as thin a round crust as possible.

When all the crusts are ready, fill the center of each crust with a thin layer of rice porridge. Fold the edges of the crusts and pinch tightly with your fingers forming oval shaped pies. (Turn the tips of the pies inwards to prevent them from burning during baking).

Sprinkle little bit flour on baking tray and place the pies onto a tray (do not use parchment paper, there is a risk to get it on fire) and bake at 275 – 300 degrees Celsius / 475 -550 Fahrenheits for 10 – 15 minutes, until golden brown.

When the pies are removed from the oven, DIP them into a butter and hot water mixture (1l /4 cups water and 100g / 3,5oz butter)

Place the pies onto a greaseproof paper and cover with a kitchen towel to soften.

SEE PICTURE INSTRUCTIONS IN MY BLOG!

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