

Antigua & Barbuda — Curry Spiced Ground Meat Patties

Makes ~10 patties · ~1 hour total (mostly resting/baking)



Photo: courtesy of Lambros

Filling (makes ~10 patties)

- 500 g minced beef (or pork)
- 1 small onion, finely chopped
- 2 garlic cloves, minced
- 1 tsp curry powder · 1/2 tsp allspice · 1/2 tsp paprika
- 1 tsp thyme · 1/2 tsp black pepper
- 1 tbsp tomato purée · 100 ml water/stock
- 1 tsp brown sugar · 1 tsp soy or Worcestershire
- 1 spring onion, sliced · salt to taste
- **Method:** Sauté onion/garlic 2–3 min; brown mince. Add spices, thyme, tomato purée, soy and sugar; add water and simmer 5–7 min until moist but not wet. Stir in spring onion. Cool.

Pastry

- 350 g flour · 1 1/2 tsp curry powder · 1/2 tsp turmeric · 1 tsp salt

- 175 g cold butter
- 90–110 ml cold water
- **Method:** Rub butter into dry to sandy crumbs. Add cold water just to bring together. Rest 20 min in fridge.

Assemble & Bake

- 1 Roll to 3 mm. Cut 12–14 cm circles.
- 2 Place 2–3 tbsp filling on one half; fold and crimp edges.
- 3 Brush with beaten egg (optional).
- 4 Bake 200 °C for 22–25 min until golden.
- 5 Serve with lime wedges and a little chilli sauce.

Notes

Freezer-friendly: freeze unbaked patties and bake from frozen, adding 3–5 minutes. For extra flake, use half butter + half shortening.