



# Sri Lankan Fish Buns

🕒 2 Hours

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## Ingredients | Filling

- 100 g tuna or mackerel
- 1 potato cut in quarters
- 1 tsp ginger, chopped
- 1 tsp garlic, chopped
- 2 tbsp red onion, chopped
- 1 tsp red chili, chopped
- 1 tbsp lemon juice
- 5 curry leaves, chopped
- 1 tsp curry powder
- 1/4 tsp turmeric powder
- 1/2 tsp chili powder
- Salt and pepper to taste

## Ingredients | Dough

- 220 g all-purpose Flour
- 1 tsp salt
- 50 ml milk
- 1 tbsp butter
- 1 egg
- 7g yeast
- 3 tbsp warm water
- 1 tsp white sugar

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## Part 2

### Directions | Filling

- Place the potato in a pot of water and boil.
- Once the potato is boiled, take them out and mash them using a fork and set aside.
- Heat a pan with oil on medium heat. Add onion, garlic, ginger, chili, and curry leaves. Cook until soft.
- Add potato and spices. Cook for 1 minute.
- Take the pan off the heat and add the lemon juice.

### Directions | Dough

- Add the yeast, sugar, water in a small bowl. Mix well, and set aside for 10 minutes.
- Place the flour, salt, milk, butter, and egg into a bowl and mix.
- Once the yeast has bubbled, add yeast mixture into flour bowl and mix until fully incorporated.
- Apply flour to work surface and dough. Transfer dough onto the surface and knead for about 10-15 minutes.
- Shape into a log and portion into six equal pieces.
- Using your palm in a circular motion, make smooth balls by pressing it downwards rotating it in one place.
- Dust a tray with flour and place the dough balls on the tray leaving gaps between them.

- Cover with a damp cloth, let it rise in a warm area until doubled in size.
- Once doubled in size dust flour to the work surface and flatten the edges of the dough, don't flatten the middle.
- Add 2 tbsp of the filling inside, then flatten the dough and fold it to give a triangular-shaped bun.
- Dust flour onto a baking tray, and place the fish buns on a tray leaving enough space between buns.
- Cover with a damp cloth and let it rise a second time.
- After it has rise, egg wash top of fish buns.
- Preheat the oven at 200C.

- Bake it in the oven for 15-17 minutes until it has golden brown colour on the top.
- Once it comes out of the oven the top will be hard. Leave it out for 10 minutes until it softens.
- Enjoy immediately.