Beef Curry Puffs

Ingredients

3 T Vegetable Oil
1 Onion (finely diced)
2 clv Garlic (minced)
1 lb Ground Beef
2 T Curry Powder
1 1/2 t Turmeric
1/2 t Cumin
1/4 t Sugar
1/4 t Ground Black Pepper
1 t Salt
2/3 c Beef Broth
14 oz Puff Pastry (2 sheets)
1 Egg
1 T Water
1 T Cornstarch

Instructions

1.In a skillet heat the oil over medium high heat. Add the onions and garlic and cook until translucent and slightly caramelized.
2.Add the ground beef, breaking it up with a spatula. Cook until browned. Next, add the curry powder, turmeric, cumin, sugar, black pepper, and salt. Stir everything together and allow the mixture to cook for another couple of minutes.
3.In a small bowl mix the beef broth with 1 tablespoon of cornstarch. Stir the mixture into the beef mixture and simmer for a few minutes, until the entire mixture has thickened. Transfer the beef mixture to a bowl and allow to cool.
4.Take puff pastry out of the freezer and defrost for about 35 minutes. Unfold each puff pastry sheet, and cut each one into 9 squares.

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5.Spoon about 3 tablespoons of filling onto each square, and fold diagonally to form a triangle, pressing the edges together. Crimp the edges with a fork and transfer to a baking sheet. Repeat with the remaining squares of puff pastry.
6.When the puffs are formed, refrigerate for 15-20 minutes and preheat oven to 400 degrees F.
7.In a small bowl beat egg with water to make egg wash. When the oven is preheated, remove the puffs from the refrigerator, and brush with egg wash.
8.Bake the puffs (one sheet at a time) for 15-18 minutes or until golden brown. Let cool for 10-15 minutes before serving.