



## Recipe **EMPANADAS ARGENTINAS**

You will make 8 empanadas

### Ingredients

For the Beef filling:

- 200 gr. (7 oz) ground/mince Beef (replaced with chicken, TVP, firm tofu)
- 200 gr. (7 oz) Onions diced small
- 1 Hard boil egg chopped
- 1 or 2 Spring onions chopped (green onions, scallions) separate white from green
- 30 gr. (1 oz) Chopped green olives (could be cappers)
- 40 gr. (1,5 oz) Fat (butter or vegetable oil)
- 1 tsp of mild paprika
- 1 tsp of cumin
- 1/2 tsp chilli flakes
- 1 small/medium size tomato (blended)

For the Veggie filling:

- 140 gr. (5 oz) hard mozzarella cheese grated (possible substitutes gouda/edam)
- 1 Roma tomato diced (dice flesh and skin keeping inside for salsa)
- ½ hand bunch of basil leaves
- Olive oil
- Salt/pepper

For the dough:

- 200 gr. (7 oz/1.27 cups) All purpose flour
- 90 ml. (3,04 oz/6 Tbsp) of water
- 20 gr. (1.4 Tbsp/4.2 tsp) Unsalted butter
- 2 Tbsp of vegetable oil
- 4 gr. (2/3 tsp) of salt

For Lljua (Salsa):

- 1 small/medium size blended tomato (you can use the inside from the ones used on cheese filling)
- 1 spicy chile of your taste
- white vinegar (could be red wine or apple vinegar)
- olive oil
- Salt/pepper

Mix everything and serve.

## Directions

For the dough:

- Mix flour and salt in a large bowl. Add the water, oil and butter. Use a wooden spoon or your hands to integrate everything. Put on the table and knead for ten minutes. Rest for 30 minutes to relax the dough covered with a foil in the fridge.
- Split the dough in 8 and shape it like balls. Roll them sprinkling some flour to form discs that you could stack by sprinkling some flour in between. Put the discs on the table, add about 1 tbs of filling in the centre of the disc and with your finger put water to one half of the disc so when you fold to close the empanada you can seal it.
- The empanadas should be baked at a high temperature, 230°C/450°F approx., and it would be ready when the dough is nicely brown (optionally you could paint them with a beaten egg). Be sure to preheat the oven first. If you got an electric oven the heat should come from both sides (up and down) or at least from the base, not broiling. If you are planning to deep fry the empanadas the temperature should be between 175°C/350°F For the storing, although could freeze them after baked and reheat (in the oven at medium heat), the best way to keep its freshness would be to freeze them uncooked and then bake them straight from the freezer.

For the Beef filling:

- Melt the butter in a pan on medium heat, add onions and sweat them with a pinch of salt until translucent. Add the beef and cook for 1 minute and then add the chilli flakes, the cumin and the mild paprika.
- Cook beef until fully cooked but not dry.
- Add the green part of the spring onions, stir and turn off the heat. Add the olives and the roughly chopped eggs if you are planning to do the empanadas that day. If you are keeping the filling for the day after boiling the eggs and add them to the filling on that day. Check salt and pepper and reserve.

For the Veggie filling:

- Cut the mozzarella in dice or shred it.
- Cut the tomatoes in dice with no seeds.
- Cut the basil leaves in chiffonade.
- Mix all and add salt, pepper and olive oil.
- Sprinkle cornstarch to help the cheese stay together when melt.