



Empanada Recipe



Empanadas are crescent-shaped pockets of dough with delicious filling inside. Argentinian empanadas use a flour-based dough for their wrappers and their traditional fillings vary by region. If you traveled across Argentina sampling empanadas, you would taste a variety of unique ingredients in the fillings such as raisins, olives, corn and hard-boiled eggs. To bake an empanada is to make it “Salta-style” (named after the city Salta in Argentina). Follow the directions to make Salta-style empanadas with beef, raisins and olives in the filling.



INGREDIENTS

Filling:

- 2 tbsp olive oil
- 1 lb ground beef
- 1 onion, chopped
- 1 red pepper, minced
- 3 cloves of garlic, minced
- ½ tsp each: salt, pepper, oregano
- 1 tsp each: ground cumin, paprika, chili powder
- 1 cup beef broth
- ½ tsp brown sugar
- ¼ cup raisins
- ½ cup pitted green olives, sliced in half lengthwise

Pastry:

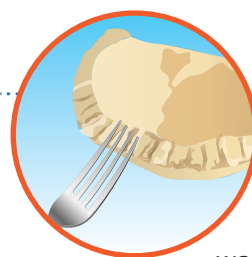
- 3 sheets of puff pastry
- 1 egg for egg wash

INSTRUCTIONS

- 1 In a large pan, heat the olive oil on medium heat, then add the ground beef. Add the salt and pepper and sauté for about 6 minutes, breaking the meat up with a wooden spoon.
- 2 Add the onion, red pepper and garlic. Continue sautéing until the onion is soft and the meat is no longer pink.

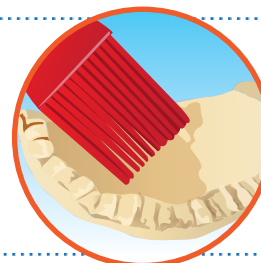
- 3 Mix in the oregano, cumin, paprika and chili powder. Cook 1 minute until the spices are fragrant, then add the beef broth and brown sugar. Cook until most of the liquid evaporates.
- 4 Stir in the raisins, then remove the mixture from the heat.
- 5 While the filling cools, remove the puff pastry from the freezer and give it time to thaw. Preheat the oven to 375° Fahrenheit. Crack an egg into a bowl and mix it. Set the egg wash aside for later.

- 6 On a floured surface, use a rolling pin to roll one pastry sheet to a 12 x 18-inch rectangle. Use a 4-inch round cookie cutter or small bowl to cut six 4-inch circles from the dough.



- 7 Set two olive halves in the center of each circle and place 1 tbsp of the filling mixture on top. Brush egg wash along the edge of half of the circle. Fold the circle over the mixture and press the edges together. Seal the seam by pressing the tines of a fork along the edge to prevent the filling from leaking.

- 8 Set the empanada on a baking tray and continue the process until you've used all of the dough or filling.
- 9 Brush the tops with the egg wash and poke a small hole in each one. Bake them in the oven for about 25 minutes or until golden brown.



Makes about 24 empanadas.