

Folded and Stuffed: Empanadas with Chef Loren Avellino Shopping List



- **Empanada Dough**
- **Beef Empanadas**
- **Vegetable Empanadas**
- **Dipping Sauce**

- **Special Equipment: rolling pin**

For the purposes of the class, please measure out and prep all ingredients and set them aside. I will demo the dough and both fillings. The dough recipe makes 16 handheld empanadas. The filling recipes make enough to fill all 16 empanadas. If you wish to make both fillings, only prep half the amount of ingredients in each filling recipe.

Empanada Dough

Prep time: 5 minutes. Inactive prep time: 30 minutes. Cook time 20-30 minutes.

Yield: 16 empanada shells

Ingredients

- 2 cups all-purpose flour
- ½ stick of unsalted butter, melted
- ½ teaspoon of kosher salt
- 2 egg yolks, beaten
- ½ cup of water
- Optional: 1 1/2 cups of oil for frying

Directions

1. In a large bowl, whisk together the flour and the salt.
2. Add in the beaten eggs, melted butter, and the water. Stir together with a spatula until all the flour is absorbed and you have a shaggy dough,
3. When dough comes together, turn it out onto a clean surface and knead the dough until a smooth ball forms, about 5 minutes.
4. Return the dough to the bowl, cover it with a tea towel and let it rest in the fridge for 30 minutes.
5. Cut the dough in half, then in quarters, then in eighths, then in sixteenths. The pieces should weigh about 1 ounce. Roll them into balls about the size of a ping pong ball.
6. Take each ball of dough and roll it into a circle about 6 inches in diameter.
7. Fill with about 2 tablespoons of filling of choice. You will need about a half inch border of dough around the filling. Dip your finger in water, and run it around the edge of half the dough, fold the dough over the filling and press to seal. Using the tines of a fork, crimp the edges of the dough. Set aside.
8. If baking, brush with egg wash and bake at 400 F for about 20-30 minutes. Alternately fry in canola oil until golden brown on both sides.

Beef Empanada Filling

Prep time: 15 minutes. Cook time: 20 minutes. Yields: Filling for 16 empanadas

Ingredients:

- 1 lb ground beef
- 1 large poblano pepper, diced
- ½ a large white onion, (1 c) diced
- 3 cloves of garlic, minced
- 2 oz tomato paste
- 1 ½ teaspoons ground cumin
- 1 ½ teaspoons dried oregano
- 1 ¼ teaspoons of kosher salt
- ½ cup pimento olives, chopped
- 1 tablespoon canola oil
- 4 oz sharp cheddar, shredded

Directions:

1. Add canola oil to a large sauté pan over medium high heat. Cook the ground beef until browned about 7-10 minutes. Season with ¾ teaspoon of salt towards the end of cooking. Remove to a bowl with a slotted spoon and set aside.
2. Sauté the onions and poblano peppers in the beef drippings. Season with ½ a teaspoon of salt. Cook until softened about 7-10 minutes. Add the rest of the spices and the tomato paste and sauté until the tomato paste starts to turn brown about 3-4 more minutes. Add 2 ounces of water to deglaze the pan and scrape up the brown bits. Return the beef to the pan, along with the olives and cook a few more minutes to heat through. Set aside to cool until you are ready to stuff your empanadas.
3. Add about 2 tablespoons of filling to each empanada wrapper. Sprinkle filling with 2 teaspoons of shredded cheese to cover. You will need about a half inch border of dough around the filling. Dip your finger in water and run it around the edge of half the dough, fold the dough over the filling and press to seal. Using the tines of a fork, crimp the edges of the dough. Set aside.
4. If baking, brush with egg wash and bake on a lined tray at 400 F for about 20-30 minutes. Alternately fry in canola oil until golden brown on both sides. Enjoy warm.

Empanada Dipping Sauce

Prep time: 5 minutes. Yields: Sauce for 16 empanadas

Ingredients:

- 8 oz sour cream
- Juice of 1 lime
- 2 tablespoons chopped fresh cilantro
- ¼ teaspoon of salt
- 1/8 tsp freshly ground black pepper

Directions:

1. Stir together all the of the ingredients in a bowl and enjoy with empanadas.

Vegetarian Empanada Filling

Prep time: 15 minutes. Cook time: 20 minutes. Yields: Filling for 16 empanadas

Ingredients:

- 20 oz sliced cremini mushrooms
- 1 large poblano pepper, diced
- ½ a large white onion (1 c) diced
- 3 cloves of garlic, minced
- 2 oz tomato paste
- 1/2 teaspoon ground cumin
- 1 teaspoon dried oregano
- 2 tablespoons chopped fresh cilantro
- 1 1/2 teaspoons of kosher salt
- 2-3 tablespoons canola oil
- 4 oz sharp cheddar, shredded

Directions:

1. Add canola oil to a large sauté pan over medium high heat. Cook the mushrooms in two batches (adding more canola oil for the second half) until softened about 10-12 minutes, salting them towards the end with ½ teaspoon of kosher salt. Set the mushrooms aside in a bowl.
2. Add another tablespoon of canola oil to the pan. Sauté the onions and poblano peppers. Season with ½ a teaspoon of salt. Cook until softened about 7-10 minutes. Add the spices and the tomato paste and sauté until the tomato paste starts to turn brown about 3-4 more minutes. Add 2 ounces of water to deglaze the pan and scrape up the brown bits. Return the mushrooms to the pan and cook a few more minutes to heat through. Turn off the heat and sprinkle with cilantro. Set aside to cool until you are ready to stuff your empanadas.
3. Add about 2 tablespoons of filling to each empanada wrapper. Sprinkle filling with 2 teaspoons of shredded cheese to cover. You will need about a half inch border of dough around the filling. Dip your finger in water and run it around the edge of half the dough, fold the dough over the filling and press to seal. Using the tines of a fork, crimp the edges of the dough. Set aside.
4. If baking, brush with egg wash and bake at 400 F on a lined cookie sheet for about 20-30 minutes. Alternately fry in canola oil until golden brown on both sides.
5. Best enjoyed warm with a dipping sauce (see recipe above).