

Recipe

EMPANADAS

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Recipe: **BEA LUBAS**

INGREDIENTS

Pastry

375g plain flour
a pinch or two of sea salt
150g butter, refrigerated, chopped
1 small eggs, beaten
4-6 tsp of cold water

Filling

A glug of oil
1 onion, chopped
2 garlic cloves, crushed
500g mince beef
1tsp oregano
1tsp thyme
1tsp sweet Spanish paprika
pinch or two of cayenne
pepper
sea salt to taste
100ml beef stock or water
5 tsp tomato puree

Filling

1 egg yolk mixed with 1
tablespoon of milk (or water)
black sesame seeds to sprinkle
with



TIME

30 Minutes



SERVING

Around 16



CATEGORY

Starter



ISSUE

sisterMAG45

STEP 1

Tip the flour into a bowl with a pinch or two of sea salt and add the butter. Rub the butter and flour with your fingertips until crumbly. Add the egg and cold water, starting with 4 tablespoons and adding more if the dough is still too dry to bring together. Then turn out the dough onto a floured surface and begin to knead until soft and smooth. Divide into 2 portions, cover with cling film and put in the fridge to rest for about 1 hour.

STEP 2

Heat the oil in a pan, add onion and garlic and fry for couple of minutes, until soft. Add mince beef, break it with the tip of a wooden spoon into smaller parts and cook through. Season with oregano, thyme, sweet paprika, cayenne pepper and few pinches of salt (you can always add more salt later).

STEP 3

Pour beef stock (or water) over the meat and add tomato puree. Mix well, bring to boil and turn down the heat to minimum. Cover and let it simmer for 20 to 30 minutes until it all thickens, then remove from the heat and allow to cool completely.

STEP 4

Heat the oven to 190 C. Roll out first part of the dough into a thin sheet. Use a 12 cm biscuit cutter to cut out discs. Place couple of tablespoons of filling

in the centre of each disc, brush the edges with egg mixture, pinch both sides up and fold in half to seal. Use a fork to crimp the edges.

STEP 5 Arrange on a lined with parchment paper baking tray, brush each empanada with egg and milk (or water) mixture and bake for 30 mins or until beautifully golden. When the empanadas are ready, remove from the oven and repeat with the second part of the dough. Let them cool for 5 mins before serving.

STEP 6 ENJOY!