

# Empanadas

MAKES ABOUT 14 EMAPANDAS

## *Seasoning mix*

2  $\frac{3}{4}$  Tsp salt  
2  $\frac{1}{2}$  tsp ground paprika  
2 tsp ground ancho chile pepper  
 $\frac{3}{4}$  tsp ground hot chile pepper  
 $\frac{1}{2}$  tsp cayenne pepper  
1  $\frac{1}{2}$  tsp dried oregano  
 $\frac{3}{4}$  tsp dried sweet basil leaves  
 $\frac{3}{4}$  tsp ground cumin  
 $\frac{3}{4}$  tsp onion powder  
 $\frac{3}{4}$  tsp garlic powder  
 $\frac{1}{2}$  tsp white pepper  
 $\frac{1}{2}$  tsp ground cinnamon  
 $\frac{1}{4}$  tsp ground allspice

## *Dough*

1 cup raisins  
3  $\frac{1}{4}$  cup self raising flour  
3 tbsp sugar  
1 tsp salt  
250g creamed cheese, cut into cubes  
14 tbsp unsalted butter, cut into pats  
2 – 2  $\frac{1}{2}$  tbsp. cold water

## *Method*

Combine all seasoning mix ingredients thoroughly in a small bowl. Makes about  $\frac{1}{4}$  cup plus 2  $\frac{1}{4}$  tsps.

**For the filling:** toast the almonds in a dry fry pan over medium low heat, shaking the pan and stirring frequently, until the almonds are a light golden brown, about 4-5 minutes. Set aside. Heat the oil in large frypan / heavy stove top casserole dish, over high heat. When the oil is very hot, add the onions and the capsicum and cook, stirring occasionally, until the onions start to brown, about 4-5 minutes. Stir in 1 tbsp of the seasoning mix and cook for 2 minutes. Move the vegetables to a bowl and add the pork. Sprinkle with 2 tbsp of the seasoning mix over the meat and cook for 2 minutes without stirring, Stir the meat and cook, stirring occasionally until the pork is sticking to the bottom of the pan. Put the onion mix back in and scrape up the brown crust on the bottom of the pan. Stir in the potatoes and cook until a hard crust forms on the bottom of the pan. Add 1 cup pf beef stock and scrape up the crust from the bottom of the pan. Stir in the garlic and 1 tbsp of the seasoning mix and bring to the boil. Cook for 4 minutes, scraping the bottom of the pan to prevent sticking. Add the remaining cup of stock, scrape the bottom of the pan and cook for 1 minute. Add the apples and 1 tsp of the seasoning mix. Cook scrapping the pan bottom occasionally, about 2 minutes. Remove from the heat and stir in the toasted almonds. Let cool

**For the dough:** place the raisins in a food processor and whirl them until finely ground. In a mix master add the flour sugar and salt, then distribute the cream cheese, butter pats and raisins over the dry ingredients. Process until well blended. With the mixer running add 2 tbsp of the water in a thin stream and process until the mixture becomes cohesive dough, add some or all the remaining water if necessary.

## *Filling*

$\frac{1}{2}$  cup slivered almonds  
3 tbsp peanut oil  
2 cups diced onions  
1 cup chopped capsicum  
1 kg lean pork cut into small cubes  
1  $\frac{1}{4}$  cup grated potato  
2 cups beef stock  
1 tsp fresh minced garlic  
 $\frac{1}{2}$  cup raisins  
4 cups freshly diced peeled apples

## *Finish*

1 egg  
2 tbsp water  
Cooking oil spray  
Extra flour

**To finish:** lightly beat together the egg and the water to make an egg wash.

Coat 2 baking sheets with cooking oil spray.

Preheat the oven to 160-170 degrees C.

Sprinkle a light coating of flour over a clean countertop. Pull off a fistful of dough, roll out to a thickness of about 5 mm. Using a 150mm plate as a guide, cut out a round. Save the scrapes to re-roll and repeat with the remaining dough. You should get approx. 14 circles. If the scraps will not co-operate, moisten your hands with water before kneading them back into a ball of dough. Brush each round with the egg wash. Heap 4-5 tbsp of filling into on half of each round and fold over into a half moon shape. Fold over the edges and press with the tines of a fork to seal. Place the empanadas about 25 mm apart on the baking sheet and brush the tops with the egg wash.

Bake until golden brown for approx. 25-30 minutes.

Serve warm.

**Note:** these are ground chile peppers used. You can use whatever is available and reduce the hot chile pepper quantities to suit your palette.

**Recipe is from:**

**CHEF PAUL PRUDHOMMES - SEASONED AMERICA copyright 1991**