

Colombian-Style Empanadas (with beef and potato)

Ingredients –

- 500g mince
- 1 teaspoon Cumin
- 1 teaspoon Oregano
- 2 cloves garlic 1 small onion
- 1 small green pepper
- ½ cup beef stock
- ¾ cup tomato sauce
- 2 small potatoes 8-10 green olives
- Salt and pepper to taste
- Olive oil for sautéing.
- 4 sheets puff pastry make 16 empanadas
- (this mixture makes about 30 empanadas)

Method

1. In a frypan sauté onions, meat, oregano, cumin, salt and pepper.
2. Add stock, tomato sauce, green pepper, garlic and cook until soft.
3. Cook for 15 minutes, add potatoes and cook for another 15 minutes on low heat.
4. Add olives when fluid has evaporated.
5. Cut pastry into circles (saucer size), add filling, fold and press edges with a fork.
6. Cook in a hot oven until golden brown or deep fry to golden brown
7. This recipe can be used as a meat dish or served with mashed potatoes or other vegetables.

Naca de Papas

For the mashed potatoes I used

Yellow potatoes, salt and pepper, 2 egg yolks, milk, cream, butter, ½ cup mozzarella cheese, cumin with shallot for garnish