

AROUND THE WORLD IN 80 PLAYS RECIPE - FROM THE YOUNG CENTRE CAFE

BEEF FILLING

LEAN GROUND BEEF	1 LB
MED ONION FINELY CHOPPED	1
RED PEEPER ROASTED AND DICED	1
GREEN OLIVES CHOPPED	10 PCS
BEEF STOCK LOW SODIUM	1 CUP
CUMIN	1. 1/2 TABLESPOON
DRIED OREGANO	1/2 TEASPOON
CHILLI POWDER	1 TEASPOON
SALT	1 1/2 TEASPOON
SUGAR	1 TEASPOON
FLOUR	2 TEASPOON
GARLIC MINCED	2 CLOVES
OLIVE OIL	FOR FRYING

EMPANADA DOUGH

ALL PURPOSE FLOUR	3 CUPS
UNSALTED BUTTER	6 OUNCES
SALT	1/2 TEASPOON
EGG	1
MILK OR WATER (COLD)	1/4 TO 1/2 CUP

BEEF EMPANADAS



INSTRUCTIONS FOR BEEF FILLING

In a frying pan heat up a little olive oil. When oil is hot Sautee onions and garlic till golden brown Add the beef to brown along with olives, red pepper and the rest of the spices stirring occasionally until it is all browned and there are no lumps of beef. Add in the stock and cook till completely done. Stir in the flour and stir till mix is thick and most of the liquid has been absorbed Take the mix out of pot and spread on a tray and allow to cool. Once cool it is eady to use as stuffing

INSTRUCTIONS FOR EMPANADAS

In a food processor (or by hand) mix flour and salt
Add cubes of cold butter and pulse so butter and flour is mixed there are no cubes of butter left
Add the egg and slowly add the cold water or milk
Rub the butter and flour together to break up the lumps and form a crumbly texture followed by the egg and milk or water to form a soft smooth dough
Split the dough into 2 - you can now roll the dough right away or refrigerate in an air tight container
When ready to use, roll into a thin sheets, you can lightly dust with flour if sticky
With a 4 or 5 inch cutter, cut out rounds (you can go smaller or bigger based on the size you want)

PREPARING THE EMPANADAS

Fill each round with a tablespoon full of the chilled mix in the centre
Fold over and seal - you can brush with a little egg wash either by hand crimping the dough into the traditional rope or using a fork to crimp the edges. Repeat.
Chill for about 30min and brush with egg wash.
In a preheated oven 375 to 400 F bake for approx. 20 to 25 min. For an even bake turn tray after 10 min.