

How to make empanada dough for baking

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Yield: 12-15 medium size or 20-25 small empanada discs

Ingredients

- 3 cups all-purpose flour
- ¼ to 1/2 teaspoon salt
- 6 oz unsalted butter (1 ½ sticks)
- 1 egg
- 1/4 cup to 1/2 cup of water or milk, adjust as needed to obtain a soft and smooth dough

Instructions

Making homemade empanada dough:

1. Mix the flour and salt in a food processor.
2. Add the butter and pulse
3. Add the egg and the water or milk (in small increments) and continue pulsing until a clumpy dough forms.
4. To make the empanada dough by hand, follow the same instruction but use your hands to mix the ingredients together.
5. Split the dough into 2 large ball, flatten slightly into the shape of disks. The dough can be used immediately or refrigerated until ready to use (1-2 days max).
6. Make small individual balls with the dough and roll out each individual ball to a round shape (doesn't need to be perfectly round) - if you have a tortilla press you can use it to flatten the dough balls. I made the balls 35 grams each and use tortilla press.
7. Use immediately, or store in the refrigerator/freezer to use later.

Assembling and baking the empanadas:

8. To assemble the empanadas or turnovers, place a spoonful of the filling on the middle of each empanada disc. The amount of filling will vary based on the size of the empanada, but in general, it's easier to seal an empanada that isn't overstuffed. Also, the more you make empanadas, the easier it becomes to stuff them to the max and still seal them properly.
9. To seal the empanadas, brush the inside edges with egg, it will act as a glue for the empanadas. fold the disc and seal the edges by pressing the dough with your fingers and a fork to help seal the edges, just press the top of the fork against the edges. To the repulgue or churito, the curl type seal, use

your fingers to twist the curl the edges. There are also empanada molds that you can buy and will help seal the empanadas.

10. For best results, I recommend refrigerating for at least 30 minutes the empanadas before baking – this also helps them seal better and prevents the filling from leaking out.
11. If you want your empanadas to have a nice golden finish, then you can brush them with egg wash (a whole egg whisked or egg yolk plus a few drops of water whisked).
12. Bake the empanadas in a pre-heated oven. I usually bake them at 375F-400F, the temperature will vary based on the oven and the size of the empanadas. I bake the smaller sized empanadas at 375F. The baking time also varies (again based on the oven and size), but it's in the range of 18-25 minutes – the empanadas will be ready once they are golden.

Spinach Pesto

Ingredients

1 bunch fresh spinach
2-4 cloves fresh garlic
1/8 – 1/4 cup extra virgin olive oil
1/2 cup sunflower seeds
Salt to taste

Place all ingredients in food processor and mix to desired texture.

Spinach and potato empanadas recipe

For the filling

1 large baking potato

Spinach Pesto

1 clove of garlic minced

½ teaspoon ancho pepper ground

½ onion

salt

pepper

1tbsp of olive oil

To make the filling

Wash, peel and dice the potato into small cubes. Cook the diced potato for 10 minutes in salted boiling water until tender, then drain and reserve. Peel and crush the garlic and peel and dice the onion. In a large frying pan or wok heat the olive oil until it's spitting. Cook the onions and garlic for four minutes until they begin to brown. Stir in the cooked potato. Let cool and add pesto.

Assembly and Cooking

If not using a tortilla press. On a lightly floured work surface roll out the pastry dough and using a large 3.5 inch diameter round cutter, cut out circles of the pastry. Place a generous helping of the spinach/potato/onion filling onto the each circle of pastry just off center. Brush the edges with beaten egg and then fold over to form a semi circle. Crimp the edges together with a fork.

Repeat until all the ingredients are used.

Preheat the oven to 450°F.

Place the empanadas onto a lightly greased nonstick baking tray, brush the outsides with beaten egg and cook in the oven for 18-25 minutes until golden brown. Serve as a delicious snack or finger food.

Tip

The empanadas can be deep fried in vegetable oil for an extra crispy pastry finish depending on your preference.

Spanish Style Lentil Soup

Ingredients

- 1 pound dried lentils
- 2 bay leaves
- 1/4 pound ham, diced
- 1 large onion
- 1 large potato, peeled
- 4 garlic cloves
- 2 carrots
- 1/2 pound smoked sausage
- 3 tablespoons olive oil
- 1 (14 1/2-ounce) can chicken broth
- 3 tablespoons red wine vinegar
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 teaspoon smoked paprika
- 1 teaspoon Cajun blend (Spice Merchant)
- 2 tablespoons chopped fresh parsley

Combine first 3 ingredients and enough water to cover in a Dutch oven; bring to a boil. Cover, reduce heat, and simmer 30 minutes.

Chop onion, potato, and garlic; slice carrots and sausage.

Saute onion, carrot, and garlic in olive oil in a large skillet until tender; stir into lentil mixture. Add potato, sausage, chicken broth, and next 4 ingredients. Cover mixture, and simmer, stirring occasionally, for 45 minutes or until done. Stir in parsley, and serve immediately.

Paella

by Jamie Oliver, modified by Keith

Ingredients

2 cloves of garlic
1 onion
1 carrot
15 g fresh flat-leaf parsley, (15g)
140 g quality chorizo (Mi Mexico Lindo Market, 2652 N Arkansas, Wichita)
3 skinless, boneless higher-welfare chicken thighs
Extra virgin olive oil
1 teaspoon sweet smoked paprika
1 red pepper
1 tablespoon tomato purée
1 organic chicken stock cube
300 g paella rice (Calasparra rice, Amazon)
100 g frozen peas
200 g frozen peeled cooked shrimp.

1. Peel and finely slice the garlic, peel and roughly chop the onion and carrot. Finely chop the parsley stalks, then roughly chop the chorizo and chicken thighs.
2. Put a lug of oil into a large lidded shallow casserole or paella pan on a medium heat, add the garlic, onion, carrot, parsley stalks, chorizo, chicken and paprika, and fry for around 5 minutes, stirring regularly.
3. Deseed and chop the pepper, then add to the pan for a further 5 minutes.
4. Stir through the tomato purée and crumble in the stock cube, then add the rice and stir for a couple of minutes so it starts to suck up all that lovely flavor.
5. Pour in 750ml of boiling water and add a pinch of sea salt and black pepper. Pop the lid on and bring to the boil, then reduce to a simmer for 15 minutes, stirring regularly from the outside in and from the inside out, and adding a splash of water if needed.
6. Stir in the peas and shrimp, replace the lid, and cook for a further 5 minutes, or until hot through.
7. Season to perfection, then chop the parsley leaves, scatter them over the paella

Manchego Cheese and Quince Paste

Manchego Cheese (Kirkland – Costco)

Quince Paste (Carne de Membrillo, 14 oz - Amazon)

Serve alone or on preferred item such as baguette.

Almond cookies

Pre heat oven to 350 degrees.

Ingredients

1 1/3 cup almond meal
zest of one lemon,
1/2 cup sugar
pinch salt
1 large egg well beaten
15-20 roasted almonds.

Combine almond meal, lemon zest, pinch of salt and sugar - mix well. Add one well beaten egg. Mix very well until all ingredients are well combined. Scoop about one tablespoon and form onto a ball. Place on parchment lined baking sheet leaving about one inch between cookie. Press one roasted almond into the top of each cookie and bake at 350 for 17 min. Remove from oven and rest for 5 min before transferring to cooling rack. Allow to completely cool then seal in air tight container. Store in fridge for up to 3 days or in freezer for up to one month. Thaw completely and allow to come to room temperature before serving.
Makes 12-15 cookies