

Empanadas

Total Time: 3 Hours | Servings: 10-11 empanadas

INGREDIENTS:

FOR PASTRY DOUGH:

- 1/2 cup warm milk
- 1 egg yolk
- 2-1/2 cups all-purpose flour
- 12 tablespoons cold unsalted butter, cut into 1 cm / 1/2" cubes
- 1 teaspoon salt

FOR FILLING:

- 1 tablespoon olive oil
- 8 oz yellow potatoes about 3 to 4 small, diced
- 1 medium red onion chopped
- 1 jalapeno pepper chopped (2 or 3 for spicier)
- 2 cloves garlic chopped
- 1 lb. Goodness Grazeious™ Grass-Fed Organic Ground Beef
- 2 large tomatoes chopped
- 3/4 cup beef stock
- 2 teaspoons chili powder
- pinch of cayenne pepper
- 1 tablespoon Mexican oregano
- 1 teaspoon cumin
- Salt and pepper

OPTIONAL:

- 2-hard boiled eggs
- 1/4 cup green olives, roughly chopped
- 2 eggs, separated, yolks whisked

DIRECTIONS:

FOR PASTRY DOUGH

1. Whisk milk and yolk in a small bowl. Pulse flour, salt and butter in food processor until it becomes fine crumbs. Add egg-milk mixture, then blend on low until it comes together into a ball of dough (about 10 seconds).
2. Chill 30 minutes. Turn out onto lightly floured surface, then roll together into a smooth log. Cut in half, shape into 3/4" thick round discs. Wrap in cling wrap, refrigerate 30 minutes.
3. Place one chilled disc on a lightly floured work surface. Roll out to thin rounds, less than 1/4" thick. Cut 6" rounds or other size as desired.
4. Keep covered in the fridge, stacked on paper, as you continue to roll and cut.

FOR FILLING

5. Heat oil in large pan over medium heat. Add potatoes, onion and peppers; cook them for 5 minutes to soften.
6. Stir in garlic and ground beef; brown it for 5 minutes. Stir in tomatoes, beef stock and seasonings; reduce heat to simmer. Simmer for 20 minutes.

FOR ASSEMBLY

7. Preheat oven to 425°F.
8. Filling should be cold but spreadable. Place 3 tablespoons of filling on top half of a round of dough. Spread flat in a half-moon shape, leaving a 1/2" border.
9. Sprinkle with olives and egg, if using.
10. Brush edge of dough with egg white, fold to enclose, pressing out air and sealing edge. Optional: crimp with fork.
11. Place empanadas on 2 baking trays. Brush with egg yolk. Bake 20 minutes or until golden brown all over and crispy on the base. Serve hot with dipping sauce of choice.

