

Argentinian Empanadas

Ingredients:

Filling 1:

400g minced meat

2 eggs, hard-boiled, sliced

2 onions, diced

3 spring onions, finely chopped

1 tbs fresh oregano, finely chopped

1/4 cup green olives, sliced

1 tbs smoked paprika

1 tsp chilli powder

1/2 tsp ground cumin

2 tbs butter

salt and pepper to taste

egg wash (egg and milk)

Filling 2:

2 onions, diced

1 large sweet potato/kumara, shredded

1/2 cup cooked lentils

1 tbs smoked paprika

1 tsp ground cumin

2 tbs butter

salt and pepper to taste

egg wash (egg and milk)



For the dough:

6 cups flour

2 egg yolks

1 cup butter (or lard for a more authentic flavour)

1 1/2 to 2 cups warm milk

1 tsp salt

***Look for bold ingredients at the market.**

Directions:

1. Mix the flour and salt in a food processor, pulse until well combined. Add the butter or lard, blend well.
2. Add the egg yolk and the milk in small amounts, pulse until small dough clumps start to form.
3. Make a couple of balls, flatten into disks and chill in the refrigerator for 10 to 30 minutes.
4. Meanwhile prepare Filling 1: Combine the ground beef, paprika, red pepper, cumin, salt and pepper in a large bowl and mix well.

5. Melt the butter or lard in a large frying pan, add the onions and cook until soft.
6. Add the meat mixture to the onions and cook on medium heat until done.
7. Take off the heat and mix in the chopped spring onions and oregano. Set aside in a bowl.
8. Prepare Filling 2: Rinse the pan and heat again on medium. Add the butter and onions and cook until soft.
9. Add shredded sweet potato, lentils and seasonings. Cook until the sweet potato is fully done.
10. Set the oven to 200C.
11. Take the dough out of the fridge. On a lightly floured surface roll out the dough into a thin sheet and cut out round disc shapes for empanadas (use a round mould or a small plate).
12. To assemble the meat empanadas, add a spoonful of the meat mixture on the centre of each empanada disc, add a slice of egg and sliced olives. Brush the edges of the empanada discs with egg white and fold them in half. Seal them by twisting and folding with your fingers or by using a fork.
13. To assemble the vegetable empanadas, place a tablespoon of filling in the centre of each empanada disk, brush edges with egg white and seal.
14. When ready to bake, arrange empanadas on parchment-lined baking sheets. Brush tops with egg wash, and bake until golden brown, rotating sheets halfway through, ca. 30 to 40 minutes.

Dip in your favourite market sauce or chutney or make delicious chimichurri:

Balsamic Chimichurri Sauce

3 tbs finely chopped fresh oregano
2 tbs finely chopped parsley
4 garlic cloves, minced
2 tbs balsamic vinegar
5 tbs olive oil
1 tsp chili powder - optional
3 tbs finely spring onions
salt and pepper to taste

Combine all ingredients and eat immediately or store in fridge.