



Beef Empanadas

South America

Cooking with Beth

Ingredients	Amount
Filling	
⇒ Ground beef– lean	1 lb
⇒ Onion– chopped	1/2 med
⇒ Taco Seasoning	1 pk
⇒ Salsa or Canned Tomatoes	1 1/2 Cup
⇒ Olive Oil	1 Tbsp
⇒ Shredded Cheese	As needed
Dough– Could use frozen pastry disks, thawed	
⇒ All-purpose flour	2 1/4 Cups
⇒ Salt	1 1/2 tsp
⇒ Unsalted Butter– cut into 1/2 inch cubes	1 stick
⇒ Egg	1 large
⇒ Ice water	1/3 Cup
⇒ Distilled White Vinegar	1 Tbsp

DIRECTIONS– makes 12 pieces

Dough

1. Sift flour with salt into a large bowl and blend in butter with your fingertips or a pastry blender until mixture resembles coarse meal with some (roughly pea-sized) butter lumps.
2. Beat together egg, water, and vinegar in a small bowl with a fork. Add to flour mixture, stirring with fork until just incorporated. (Mixture will look shaggy)
3. Turn out mixture onto a lightly floured surface and gather together, then knead gently with heel of your hand once or twice, just enough to bring dough together. Form dough into a flat rectangle and chill, wrapped in plastic wrap, at least 1 hour.

Filling

1. Cook onion in olive oil over medium heat until softened. Stir in beef and cook until no longer pink. Add tomato/salsa and taco seasoning and follow package directions.
2. Once cooked, drain and cool meat mixture.

Assembly

1. Lay a large sheet of plastic wrap on a dampened work surface (to help keep plastic in place), then roll out dough on plastic wrap and cut to measure about 6 inches each. Place 1/8 Cup meat mixture and 1 Tbsp of cheese on dough disk.
2. Moisten edges of disk with water and fold over to form a semicircle, then crimp with a fork.
3. Continue with the remaining ingredients.
4. Bake for 10 minutes or until golden brown at 425°F on a oiled baking pan.

Know the Facts

- Long before the Europeans discovered South America, the natives grew corn, lima beans, potatoes, sweet potatoes, chile peppers, avocados, peanuts, and chocolate.
- Europeans then introduced natives to pigs, chickens, citrus trees, wheat, almonds, cows, and goats.
- Today's cuisine is a mix between the two cultures. Peppers, tropical fruit, and queso fresco cheese are other popular ingredients used in today's cuisine.

