

Date: _____ Period: _____ Full Name: _____

EMPANADA

Unit Recipe

INGREDIENTS:

FILLING:

5mL Olive Oil
¼ Onion
2 Cloves Garlic
125g Ground Pork
1 Stalk Parsley
½ Tomato
¼ Bell Pepper
50mL Cheese
1 Egg
*Salt and Pepper to taste

DOUGH:

250mL Flour
1mL Salt
45mL Cold Water
½ Egg
1mL Vinegar
15mL Shortening

EQUIPMENT:

DIRECTIONS:

Dough:

1. BARHSCHEP (425°F).
2. In a bowl, beat the water, egg and vinegar together. Set aside.
3. In a separate bowl, mix flour and salt together. Cut in shortening.
4. Make a well flour and pour liquid ingredients. Stir with a fork until stiff.
5. Turn the dough out onto a lightly floured surface. Knead until just all the flour has been incorporated and the dough is smooth. (If at home, refrigerate for 1 hour before using).
6. Cut dough into 4 parts and roll out into a circle.

Filling:

1. In a small saucepan, bring water to a boil and hard boil egg (approx. 12 minutes).
2. Dice tomatoes, bell pepper and onions. Mince garlic and parsley. Cube boiled egg.
3. Heat oil in skillet over medium-high heat. Add onions and garlic. Sauté until tender. Add the meat, cook until brown. Stir in tomato and bell pepper. Remove from heat and add parsley. Allow to cool for at least 5 minutes. Add the hard boiled egg and cheese to the filling.
4. Place equal amounts of filling in the centre of the dough. Fold in half and flute the edge. Place on a greased cookie sheet and prick with a fork.
5. Bake for 8-10 minutes or until golden brown.

