

Empanada Dough

Total: 75 mins

Prep: 15 mins

Cook: 60 mins

Servings: 5 servings

Nutritional Guidelines (per serving)

336 11g 53g 12g
Calories Fat Carbs Protein

(Nutrition information is calculated using an ingredient database and should be considered an estimate.)



103 RATINGS

Every [empanada](#) recipe starts with the dough. Here is a simple [empanada dough](#) made with flour, salt, water, egg, vinegar, and shortening.

Ingredients

3 cups flour (plus a little more for [kneading](#))

1 teaspoon salt

1/2 cup cold water

1 egg

1 [egg white](#)

1 teaspoon vinegar

3 tablespoons [shortening](#)

Steps to Make It

01 Gather the ingredients.

In a bowl, beat the water, egg, egg white and vinegar together. Set aside.

02

- 03 In a separate bowl, mix together the 3 cups of flour and salt.
- 04 Cut the shortening into the flour mix with a [pastry blender](#) or two butter knives.
- 05 Make a well in the center of the flour mix and pour the liquid ingredients from the first bowl into the center. Mix the wet and dry ingredients with a fork until it becomes stiff.
- 06 Turn the dough out onto a lightly floured surface. Knead it just until all the flour is incorporated and the dough is smooth.
- 07 Wrap the dough in plastic and refrigerate for at least 1 hour, but never more than 24 hours.
- 08 Enjoy!

Tip

- If you want to keep the dough longer than 24 hours, you can freeze it.

Recipe Tags:

Dough

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Appetizer

Caribbean