

EMPANADAS cont...

INGREDIENTS

375 g plain/all-purpose flour
175g cold unsalted butter , cut into 1 cm cubes
1 tsp cooking/kosher salt
1 egg yolk
125 ml warm milk , full fat (30 sec microwave)

EMPANADA FILLING:

1 1/2 tbsp olive oil
1/2 onion , finely chopped
1 garlic cloves , minced
300g beef mince
120g chorizo
2 tsp tomato paste
1 tsp fresh thyme , finely chopped
1/2 tsp dried oregano
1/2tsp cumin
1/2 tsp paprika
1/4 tsp cayenne pepper
1/4 tsp salt
180 ml chicken stock
125 ml tomato passata
150g potato peeled, cut into 8mm cubes
1/3 cup green onion , finely sliced

METHOD

ASSEMBLE EMPANADAS:

STEP 1: Preheat oven to 220°C).

STEP 2: Filling should be cold but spreadable). Place 3 tablespoons of filling on the top half of a round of pastry. Spread flat in a half-moon shape, leaving a 1.5cm

STEP 3: Brush edge with egg white, fold to enclose, pressing out air and sealing the edge. Then crimp with fork or leave plain.

STEP 4: Place empanadas on 2 baking trays. Brush with egg yolk. Bake 20 minutes or until golden brown all over and crispy on the base.

STEP 5: Serve hot with dipping sauce of choice – my favourite is the homemade Empanada Sauce!

THE COOKERY

by The Secret Jozi Chef

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