

EMPANADAS

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
1/2 tsp 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

STEP 1: Roughly chop chorizo into small pieces. Blitz using a food processor until it becomes a paste

STEP 2: Heat oil in a large non stick pan over high heat. Cook onion and garlic for 2 minutes.

STEP 3: Add chorizo and cook for 2 minutes. Add beef and cook until you no longer see raw beef. Add tomato paste and cook for 1 minute. Then add everything else except green onion, then stir.

STEP 4: Bring to a simmer then lower heat so it's simmering gently. Cook for 15 minutes, stirring every now and then. Goal – juicy but not watery filling, with cooked potato.

STEP 5: Stir through green onion. Transfer to bowl and fully cool before using (about 2 hours).

EMPANADA SHORTCRUST PASTRY:

STEP 1: Whisk milk and yolk in a small jug. Pulse flour, salt and butter in a food processor until the butter becomes fine crumbs – largest lumps no bigger than peas (~ 4 to 6 times). Add egg-milk mixture, then blitz on low until it comes together into a ball of dough – about 10 seconds. (Note 2 for hand method)

STEP 2: Turn out onto a lightly floured work surface, then bring together into a smooth log ~20cm long. Cut in half, shape into 2cm thick round discs. Wrap in cling wrap then refrigerate 30 - 1 hour minutes

STEP 3: Place one chilled disc on a lightly floured work surface. Roll out to 3 mm thickness. Cut 15 cm rounds, or other size as desired. Keep covered in the fridge, stacked on paper, as you continue to roll and cut. You should get 10 or 11 rounds.

MAKE EMPANADAS:

Preheat oven to 220°C/425°F (200°C fan).

THE Filling + Filling should be cold but spreadable (Note
COOKERY

by The Secret Jozi Chef

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