

Empanadas

Season: Any

Type: Columbian Snack

Difficulty: 

Serves: 8

<p>Equipment:</p> <p>Large bowl Frying pan Chopping boards and mats Measuring cups and spoons Scales Knives Wooden spoon Rolling pin Baking paper Baking tray</p>	<p>Ingredients:</p> <p>Pastry</p> <p>3 cups flour 100g butter- cubed 1 tsp salt 1 egg yolk 5 Tbsp cold water</p> <p>Filling</p> <p>2 Tbsp oil 1 leek 1 tsp garlic 1 tsp cumin 1 pinch ground nutmeg 1 large tomato (chopped) 1 cup corn 1 cup spinach –chiffonade 1 cup diced capsicum Salt and pepper to taste</p>
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Method:

Preheat oven to 200 °C

To make the dough

- Place flour into a large bowl.
- Add the butter and rub into flour using your fingertips. The mixture should resemble breadcrumbs.
- Add the remaining ingredients and mix well to combine. (add flour or water to adjust if necessary. The dough should be soft but not sticky)
- Turn onto the bench and knead until smooth.
- Wrap in plastic wrap and set aside to rest.

To make the filling....

- Heat vegetable oil in a large frying pan.
- Add the garlic and onion and saute until soft.
- Add the remaining ingredients and saute until all vegetables are cooked through.
- Set aside to cool.

To assemble the empanadas ...

- Divide the dough into 12 pieces.
- Roll each piece out into a circle.
- Divide the filling between the circles of dough.(place on one half only)
- Dip your finger in water and run it around the edges of the dough to dampen. (do not saturate the dough)
- Fold the dough over and press to seal.
- Either use a fork to press down the edges or use fingers to press and twist to crimp the edges.
- Bake for 25 minutes in preheated oven.