

## **Meat Stuffed Empanadas**

### **Meat Filling:**

2.2 pounds or 1 kilo chopped meat

1 small onion, peeled and chopped and fried in 1-2 tablespoons oil

1/2 teaspoon cinnamon

1/4 - 1/2 teaspoon cumin

1 teaspoon onion powder

1 teaspoon garlic powder

1/2 - 1 teaspoon turmeric

1/2 teaspoon smoked paprika

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### **Directions:**

There are two ways to cook the chopped meat- either in the pan after frying the onion, but then you have to drain it, or in the oven at 400 F for 20 minutes till browned. Cool and remove from liquid in pan and crumble with your hands (I put on latex gloves) and put in a bowl. Add the fried onion, the cinnamon, cumin, onion powder, garlic powder, turmeric, 2 kinds of paprika and mix into the beef. It will stick lightly together. Set aside.

### **Empanada Dough**

3 cups (360 grams) flour

1/2 teaspoon salt

6 ounces or 3/4 US cups (170 grams) margarine

1 egg

1/4 cup (60 ml-118 ml) - 1/2 cup of water adding gradually just as needed

An additional egg for egg wash, beaten

Flour for sprinkling

Mix the flour and salt in a food processor. Add the marg and pulse just till crumbs form. Add the egg, pulse again and start adding the water, a bit at a time just till the dough comes together. This can be made in a mixer in the same manner.

While you can use the dough right away, I find it's much easier to use after 20-30 minutes of refrigeration and minimal flour is needed to prevent sticking.

Preheat oven to 350 F.

Take 2 pieces of parchment paper and sprinkle bottom with flour. Place half of dough on paper and cover with other parchment paper. Roll with a rolling pin into a circle, not too thin or thick. Cut out circles of dough and prepare a baking sheet with a piece of parchment paper on it. Place a flat tablespoon of meat mixture into the circle of dough and fold over the filling in half (less filling is important so it will seal properly) and crimp in a half moon with the tines of a fork, pressing firmly to seal. Remove to baking sheet. Use up your dough and filling and place all on the sheet. Take the beaten egg and brush over the tops of the empanadas.

Bake 350 F for 20-25 minutes or till nicely browned.