



BASIC EMPANADAS

EMPANADA PASTRY

2 cups plain flour
2/3 cups unsalted butter (cold)
2 tsp baking powder

To make the pastry, combine the flour, baking powder and 1 teaspoon of sea salt in a large bowl. Finely chop or coarsely grate the butter, then rub into the dry mix until it resembles fine breadcrumbs.

Mix in just enough cold water to bring it together, then wrap in clingfilm and pop in the fridge for 1 hour.

Roll out the pastry using a rolling pin or pasta maker and cut into large circles.

A TRADITIONAL ARGENTINE FILLING

4 cups of ground beef or meat finely cubed
6 white onions finely diced
4 hard boiled eggs
1 can of tinned tomatoes
1 tbs paprika
2 handfuls of green olives
2 handfuls of raisins
A bunch of spring onions
1 tbs chilli flakes
Salt and pepper

Finely cube meat, or use ground beef sauté until cooked.

In a separate pan sauté the onions until soft and then combine with the cooked meat, add the tomato sauce and season with salt and pepper.

Add the remaining ingredients except the egg and allow the mixture to simmer and reduce down so that it is not-too liquidly.

Allow the mix to cool completely.

Roughly chop the eggs up and add with the spring onions and sliced olives into the mixture, stirring thoroughly.

Fold the empanadas using the accordion fold and cook.

Place the assembled empanadas on a lightly greased baking sheet. Bake in an oven preheated to 180°C/355°F for approximately 20 minutes or until the dough turns golden brown.

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