



EMPANADA ARABES

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.

ARABE FILLING

4 cups ground beef or beef diced finely
2 medium onions diced
3 tomatoes
2 red pepper
Bunch of fresh mint diced
Juice of 4 lemons
4 tsp. salt

To make the filling cut the beef into small cubes and then mix with finely chopped onions, diced tomatoes, peppers and lots of fresh mint.

Season with salt pepper and pour over the lemon juice.

Leave the mixture overnight or for a few hours so that it has time to marinade.

Remove the filling from the refrigerator. Pour off the juices released by the meat.

Place a tablespoon of filling in the centre of each empanada disc.

Fold the empanadas, sealing well with water.

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.

Serve hot and with lemon wedges.

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