

Argentina

#38 Empanadas de Carne - Savory Pastries Stuffed with Beef

Empanadas can be found in nearly every Latin American country. From the salteñas of Bolivia to the pastelitos of Honduras and everywhere in between, these pastries are stuffed with everything from savory meat and vegetables to fruit sweetened with sugar and cinnamon. You can be sure I tried them all. However, it was Argentina, I discovered, that makes the world's best empanadas. This recipe is inspired by those I tried in Purmamarca, a tiny town in the Jujuy province in northern Argentina, where I discovered the "holy grail" of empanadas. These are easy to make and are great for breakfast, lunch, or dinner.

Makes 8 to 10

Ingredients**Dough**

- 1 large egg
- 1 tablespoon milk
- 3 cups all-purpose flour
- ¼ teaspoon salt
- 1 ½ sticks unsalted butter, cold and cut into 12 pieces
- 1/2 cup ice water

Filling

- 1 tablespoon olive oil
- 1 medium yellow onion, chopped
- 2 to 3 garlic cloves, chopped
- 1 pound ground beef
- 1/2 teaspoon ground cloves
- 1 tablespoon freshly chopped oregano
- 1 teaspoon paprika
- 1 teaspoon ground cumin
- Pinch granulated sugar

- Salt and white pepper to taste
- 4 green onions, white part only, sliced
- 1/2 cup pitted and chopped green olives
- 1/2 cup raisins (optional)
- 1 hard-boiled egg, chopped
- 1 large egg
- 1/2 cup water

Preparation

1. Make the dough by beating together the egg and milk in a small bowl. In a food processor, pulse together the flour, salt, butter, and egg mixture until just combined. Slowly add the water until a clumpy dough forms.
 2. Remove the dough and form into a ball. Chill in the refrigerator for at least 1 hour but no more than 24 hours.
 3. Roll out the dough on a flat work surface into about an 1/8-inch thickness. Using a 6-inch wide cutter or a plate as a guide, cut out round disc shapes.
-
1. Preheat oven to 400 degrees F.
 2. Meanwhile prepare the filling by heating the oil in a skillet over medium heat. yellow onions and cook, stirring, until golden, about 5 minutes. Add the garlic and sauté for about 2 more minutes. Add the ground beef and brown, breaking up any clumps with a wooden spoon. Drain off the fat and return the skillet to the stove.
 3. Stir in the ground cloves, oregano, paprika, cumin, sugar, and salt and pepper to taste. Cover and simmer until the meat is well cooked and the flavors have married? About ??? minutes more.
 4. Remove from the heat and fold in the green onions, olives, raisins and egg. Set aside to cool.
 5. To make the empanadas, place one dough disc on your work surface and lightly dampen the edges with water. Add a heaping tablespoon or two of meat mixture to the center and fold one side of the disc over, pinching the edges together to form a half-circle. Seal the empanada with a fork by pushing down and crimping its edges. Place on a baking sheet lined with parchment paper. Repeat until you've used all dough and meat filling.

Beat together the egg and water and use to brush the tops of the empanadas. Bake in the oven for 15 minutes or until golden.

7. Serve hot or cold.

Note:

To save time and effort it is very easy to find empanada discs, usually frozen, in Latin grocery markets. Be sure to thaw at least one hour before assembling.