



Colombian Empanadas

 May 2, 2023

Amy LaBelle's Colombian Empanadas

Ingredients for Filling

2 pounds Grilled Steak Tips or Ribeye (Ground) 1 tablespoon Olive Oil

2 cups Boiled (or Leftover) Potatoes, Smashed 1/2 cup Sliced Onions

1 tablespoon Cumin 2 teaspoon Sea Salt

1 teaspoon Ground Pepper 1 teaspoon Aleppo Chili Pepper

1 tablespoon Dried Cilantro OR 1/4 Cup Chopped Fresh

1/2 cup LaBelle Winery Jalapeño Culinary Wine OR Heirloom Onion Culinary Wine

Place sliced onions into pan and caramelize in olive oil. Shut off heat and add ground beef, and all other ingredients - mix thoroughly until all ingredients are incorporated. Allow to cool before creating empanadas.

Ingredients for Dough

4 cups Masarepa Blanco (NOT YELLOW) 3 3/4 cups HOT Water

2 teaspoons Sugar 2 teaspoon Sea Salt

Mix the dry ingredients with a whisk and then make a well in the center, adding the hot water one cup at a time while incorporating. Lightly turn and mix dough until the proper consistency for rolling.

Making Empanadas

Roll medium sized balls and place between sheets of parchment or plastic wrap and roll out to circles - spray cooking spray on surfaces to prevent sticking. The formed circles should be about 5-6 inches, no more (smaller if desired). Place filling in center and close dough around to make a half circle. Heat frying oil in a shallow sauté pan until a small drop of dough instantly bubbles and rises to the surface of the oil - I use vegetable oil mixed with olive oil! Drop empanadas into pan several at a time — do not crowd. Repeat until all are fried.

Note that you may substitute a flour-based dough (such as a croissant dough) and bake empanadas if you do not wish to fry them.

