



Chef ETL's Ultimate Beef Empanadas

Servings: 6

Preparation Time: 20 minutes

Start to Finish Time: 3 hours 30 minutes

The dough is flaky and almost has a pastry texture which makes the outer shell as good to eat as the filling. The filling blends the spices and aromatics in a way that combines well with the outer shell.

DOUGH

3 cups all purpose flour (15 ounces) + extra for work surface

1 cup masa harina (5 ounces) (see NOTES)

1 tablespoon sugar

2 teaspoons salt

1 1/2 sticks unsalted butter, cut into 1/2-inch cubes and chilled

1/2 cup vodka, cold (see NOTES)

1/2 cup water, cold

FILLING - FOOD PROCESSOR:

1 slice white sandwich bread, hearty, torn into quarters

2 ounces chorizo, cut into small pieces

2 tablespoons beef broth, + 2 tablespoons

1 pound ground beef, 85% lean meat

1/2 teaspoon salt

1/2 teaspoon pepper

FILLING - SKILLET:

1 tablespoon olive oil

1 large onions, chopped fine (about 2 cups)

3 cloves garlic, minced or pressed through garlic press (about 4 teaspoons)

1 1/2 teaspoons smoked paprika

1 teaspoon ground cumin

1 teaspoon chili powder

1 teaspoon Sazon

1/4 teaspoon cayenne pepper (optional if you want to tone down the "heat")

1/8 teaspoon ground cloves

1/2 cup beef broth

2 each hard-cooked eggs, coarsely chopped

3 ounces pimento, coarsely chopped

1/3 cup raisins, coarsely chopped

1/4 cup green olives, finely chopped

1 tablespoon apple cider vinegar

0.313 cup olive oil (for baking empanadas)

FOR THE DOUGH (10 mins. to prepare, 45 mins. to refrigerate; make up to 2 days prior)

Combine the all-purpose flour and masa harina in a large bowl.

Process 2 cups of the flour mixture, sugar, and salt in food processor until combined, about two 1-second pulses.

Add butter and process until homogeneous and dough resembles wet sand, about 10 seconds.

Add remaining flour mixture and pulse until evenly distributed around bowl, 4 to 6 quick pulses. Empty mixture into the, now empty, large bowl.

Sprinkle vodka or tequila and water over mixture. Using hands, mix dough until it forms tacky mass that sticks together. Form into a loaf.

Divide dough in half, then divide each half into 6 equal pieces. Transfer dough pieces to plate, cover with plastic wrap, and refrigerate until firm, about 45 minutes or up to 2 days.

FOR THE FILLING (35 mins. to prepare, 1 hr. to refrigerate; make up to 2 days prior)

Process bread, chorizo and 2 tablespoons beef broth in food processor until paste forms, about 5 seconds, scraping down sides of bowl as necessary.

Add beef, 1/2 teaspoon salt, and 1/2 teaspoon pepper and pulse until mixture is well combined, six to eight 1-second pulses.

Heat oil in 12-inch non-stick skillet over medium-high heat until shimmering. Add onions and cook, stirring frequently, until beginning to brown, about 5-6 minutes.

While onions are cooking, combine spices: smoked paprika, cumin, chili powder, Sazon, cayenne, and cloves.

Crafting exceptional empanadas is undoubtedly a "labor of love." While it's possible to hastily assemble a few ingredients to create an empanada, achieving greatness in this dish demands imaginative combinations of spices and ingredients. Our meticulously crafted recipe relies on precisely measured proportions to elevate your empanadas to a 5-Star level, resulting in a mouthwatering and flavorful delight.

The filling is a harmonious blend of zesty chorizo, seasoned ground beef, fragrant onions, and minced garlic that waft a tantalizing aroma. A burst of delightful spices, including smoked paprika, ground cumin, chili powder, Sazon, and ground cloves, infuses the filling with depth and character. For those seeking a hint of heat, a dash of cayenne pepper adds a subtle kick that enlivens the flavors.

To achieve the perfect texture and taste, we introduce beef broth, which adds moisture and richness to the filling. Coarsely chopped hard-cooked eggs, pimento, raisins, green olives, and a touch of apple cider vinegar bring exciting elements that complement the beef impeccably, creating a symphony of textures and flavors.

When it comes to crafting exceptional empanadas, we believe in the art of flavor fusion, where each ingredient plays a crucial role in crafting a delightful and unforgettable experience for your taste buds. So, prepare yourself for an empanada experience like no other - a delightful journey that captures the essence of culinary craftsmanship and love for good food.

TIP: The dough **NEEDS** to be as thin as possible so that the finished empanadas are not too doughy!

NOTE: Masa harina is a type of corn flour made from dried masa, a dough made from specially treated corn. If not available, substitute with another 1 cup of all-purpose flour.

NOTE: The alcohol in the dough is essential to the texture of the crust and imparts no flavor-do not substitute for it or omit.

NOTE: FOR AIR FRYING: Air fry in a single layer, in batches as needed 350F 8 minutes, turning halfway or until golden. For frozen empanadas increase to 12 minutes.

MAKE AHEAD: After the empanadas are assembled, they can be covered tightly with plastic wrap and refrigerated for up to 2 days.

7/28/23: Made for myself for the 1st time. Will bring frozen to Lancaster camping trip for neighbor-panel rating.

Once onions have begun to brown, stir in garlic and combined spices. Cook until fragrant, about 1 minute.

Add beef mixture and cook, breaking meat into small pieces with wooden spoon, until browned, about 7 minutes.

Add remaining 1/2 cup beef broth and simmer until mixture is moist but not wet, 8 to 9 minutes.

Transfer mixture to large mixing bowl and cool for about 10 minutes. If there is an excess of residual oil, you can sop up some with a paper towel (some oil is good and will soak into the empanadas when you cook them).

Once, cooled, stir in eggs, pimentos, raisins, olives, and vinegar. Season with salt and pepper to taste and refrigerate until cool, about 1 hour. (Filling can be refrigerated for up to 2 days.)

TO ASSEMBLE (0:45)

Adjust oven racks to upper- and lower-middle positions, place 1 baking sheet on each rack, and heat oven to 425 degrees.

While baking sheets are pre-heating, remove dough from refrigerator. Roll each dough piece out on lightly floured work surface into rough circular pieces about just a bit less than 1/8 inch thick (see TIPS), covering each dough round with plastic wrap while rolling remaining dough.

Use a bowl or other round form that is between 4"- 6" diameter to cut out round shapes from the dough.

Roll out scraps the same way and cut with bowl the same way until dough is used up.

Brush edges of dough with water. Place enough filling in center of each dough round and fold dough over filling. Press edges to seal. Crimp edges of empanadas using fork.

TO BAKE & SERVE (0:45)

Drizzle 2 tablespoons oil over surface of each hot baking sheet, then return to oven for 2 minutes.

Brush empanadas with remaining tablespoon oil. Carefully place 6 empanadas on each baking sheet and cook until well browned and crisp, 25 to 30 minutes, rotating baking sheets front to back and top to bottom halfway through baking.

Cool empanadas on wire rack 10 minutes and serve.

Per Serving (excluding unknown items): 956 Calories; 55g Fat (54.2% calories from fat); 27g Protein; 78g Carbohydrate; 5g Dietary Fiber; 180mg Cholesterol; 1496mg Sodium; 10g Total Sugars; 1mcg Vitamin D; 98mg Calcium; 8mg Iron; 570mg Potassium; 323mg Phosphorus. Exchanges: .