Empanadas

make in units

Ingredients:

2 Tomatillos, remove husks 50 mL Gruyere cheese, shredded

1 Jalapeno pepper 90 mL Monterey Jack cheese

4 + 2 Garlic cloves, divided 425 mL Flour

10ml Vegetable oil 3+1+? mL Salt

15 mL Lime Juice 2 mL Baking powder

1 + 1 mL Black pepper 75 + 5mL Olive oil

2 mL Sugar 75+ mL Ice cold water

250 mL Onion, finely chopped 1 egg, lightly beaten

200 g Ground meat 5 mL Water

125 mL Mushrooms, chopped

Method:

**Day 1:**

1. Preheat oven to 450°.
2. Arrange tomatillos, jalapenos (if you want more heat, leave in some seeds), and 4 garlic cloves in a single layer on a parchment lined baking; lightly coat vegetables with the vegetable oil
3. Bake for ~25 minutes or until charred.
4. Remove from the oven.
5. Combine “tomatillo mixture”, lime juice, 1 mL salt, 1 mL pepper, and sugar in a blender; pulse until finely chopped, stopping to scrape sides.
6. Heat frying pan to medium heat and add 5 mL oil; swirl to coat pan. Add onion, sauté 5 minutes or until tender. Finely chop remaining 2 garlic cloves. Add garlic to pan; sauté 1 minute. Add ground meat and mushrooms; cook until meat is completely cooked and browned. Ensure mixture is crumbly.
7. Turn off heat and allow mixture to cool slightly. Add 125 mL “tomatillo sauce”, remaining 1 mL salt and 1 mL pepper, cheeses, stirring well to combine. Cover and refrigerate.
8. In a large bowl combine flour, 3 mL salt and baking powder mix with a whisk.
9. In a liquid measure, combine 75 mL oil and ice cold water.
10. While one partner whisks, the other partner should slowly add the oil mixture and mix until the dough is crumbly (if really dry, add a little more water before kneading).
11. Turn dough out onto a lightly floured counter and knead about 1 minute; add additional flour if necessary to prevent dough from sticking.
12. Gently press dough into a 12 cm disk; wrap, label and chill overnight.

**Day 2:**

1. Preheat oven to 400°F.
2. Combine egg and water in a custard cup, stirring well with a fork.
3. Divide dough into 8 equal portions, shaping each into a ball. Roll each dough portion into a 15 cm circle on a lightly floured surface.
4. Working with 1 portion at a time (cover remaining dough to keep from drying out), spoon ~45 mL of mixture into center of each circle. Moisten edges of dough with egg/water mixture; fold dough over filling. Press edges together with a fork to seal. Continue with the remaining 7 balls of dough. Brush remaining egg mixture evenly over empanadas.
5. Place empanadas on a parchment-lined baking sheet coated with cooking spray.
6. Bake for ~24 minutes or until lightly browned. Serve immediately with remaining tomatillo sauce for dipping.

