



Empanadas

Below you'll find a list of ingredients and equipment needed for your class. To ensure efficiency during class, please have all ingredients on hand before class begins. **Any prep work to be done before class is highlighted in yellow.**

All recipes used in class will be attached in your confirmation email. Please scroll past the equipment list for the recipes.

If you have any questions or concerns email us, bakingeducation@kingarthurbaking.com. All Zoom links are sent out on the day of class. If you have not received the link 1 hour before your class begins, please contact us at the email above.

INGREDIENTS *(total amount needed for the class)*

- ☐ Unbleached All-Purpose Flour: 360g (3 cups), plus more for dusting work surface
- ☐ Salt: 1 teaspoon
- ☐ Lard or shortening: 57g (¼ cup), cold
- ☐ Unsalted butter: 57g (4 tablespoons), cold
- ☐ Ground beef: ½ pound
- ☐ **Monterey Jack cheese (shredded): 150g (1 ⅓ cups), any cheese of your choice can be substituted**
- ☐ Green olives: 70g (½ cup)
- ☐ Golden raisins: 50g (⅓ cup)
- ☐ Onion, 1 medium
- ☐ Garlic: 2-3 cloves
- ☐ Sour cream: 227g (1 cup)
- ☐ Fresh cilantro: 11g (¼ cup)
- ☐ Lime: 1
- ☐ Eggs: 2 large
- ☐ Ground cumin: 1 ½ teaspoons
- ☐ Paprika: 1 ½ teaspoons
- ☐ Dried oregano: 1 teaspoon
- ☐ Cayenne pepper: ¼ teaspoon (optional)
- ☐ Black pepper: ¼ teaspoon
- ☐ Water: 80g (⅓ cup + 1 tablespoon)

EQUIPMENT

- ☐ Scale (preferred) or measuring cup set
- ☐ Measuring spoons
- ☐ Liquid measuring cup
- ☐ Pastry blender (optional)
- ☐ Bench knife
- ☐ Bowl scraper
- ☐ Mixing bowls, assorted sizes
- ☐ Large saute pan
- ☐ Knife
- ☐ Cutting board
- ☐ Plastic wrap
- ☐ Microplane or zester
- ☐ Teaspoon scoop or small spoon
- ☐ Citrus reamer (optional)
- ☐ Rolling pin
- ☐ Pastry brush (optional)
- ☐ 4" round cutter
- ☐ Baking sheets with parchment paper or silicone baking mats: 2

Empanada Pastry

YIELD: DOUGH FOR ABOUT SIXTEEN 4" EMPANADAS

INGREDIENTS

- | | |
|---|---|
| <input type="checkbox"/> 360g (3 cups) King Arthur Unbleached All-Purpose Flour | <input type="checkbox"/> 57g (4 tablespoons) unsalted butter, cold, cut into cubes |
| <input type="checkbox"/> ½ teaspoon salt | <input type="checkbox"/> 1 egg, large |
| <input type="checkbox"/> 57g (¼ cup) lard, cold, cut into cubes | <input type="checkbox"/> 80g (⅓ cup + 2 tablespoons) water, cold, or more as needed |
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DIRECTIONS

1. Combine the flour and the salt in a mixing bowl.
2. Cut in the lard using a pastry blender or your fingers. Cut in the butter using the same method. For a tender result, the fat particles should be worked in quickly and remain the size of currants.
3. Whisk together the egg and water, then add to flour mixture.
4. Mix until a cohesive dough forms.
5. Remove the dough mass to a work surface then fold the dough over itself. Knead the dough by hand until it is somewhat smooth and elastic, about 3-5 minutes. The dough will not be smooth, but should not be dry and crumbly.
6. Divide the dough in half.
7. Press each half of dough into a 6" disk.
8. Wrap each piece of dough in plastic wrap and chill for at least 20 minutes.
9. Empanada dough may be stored in the refrigerator up to two days or frozen up to three months. To thaw, transfer dough to the refrigerator overnight, then use straight from the refrigerator the next day.

Beef and Cheese Empanadas with Cilantro Lime Cream

YIELD: ABOUT 16 EMPANADAS

INGREDIENTS

EMPANADAS

- ☐ ½ pound ground beef
- ☐ 1 medium onion, diced
- ☐ 2-3 cloves garlic, diced
- ☐ ¾ teaspoon salt
- ☐ 1 ½ teaspoons cumin
- ☐ 1 ½ teaspoons paprika
- ☐ 1 teaspoon oregano
- ☐ ¼ teaspoon pepper
- ☐ ⅛ teaspoon cayenne pepper, optional
- ☐ 150g (1 ⅓ cups) grated cheese (Monterey Jack)
- ☐ 70g (½ cup) green olives, sliced
- ☐ 50g (⅓ cup) golden raisins

EMPANADA PASTRY DOUGH

- ☐ Egg wash*, as needed for glazing

CILANTRO CREAM

- ☐ 227g (1 cup) sour cream
- ☐ 11g (¼ cup) fresh cilantro, finely chopped
- ☐ ½ large lime, zested and juiced
- ☐ ⅛ teaspoon cayenne pepper, optional
- ☐ Salt and pepper to taste

DIRECTIONS

FILLING, ASSEMBLY AND BAKE

1. Preheat the oven to 375°F. Line a baking sheet with parchment paper.
2. Heat a large saute pan over medium heat. If using lean ground beef, add a small amount of oil.
3. While the pan is heating, combine all spices in a small bowl.
4. Add ground beef and onion to pan, cook briefly then add spices and garlic.
5. Cook until meat is mostly browned and onions are translucent.
6. Transfer to a large bowl, add cheese, olives and raisins. Allow to cool.
7. On a lightly floured surface, roll the chilled empanada dough into a circle about ⅞"-thick.
8. Using a 4" cookie or biscuit cutter, cut out circles of dough. Re-roll scraps and continue cutting.
9. Using your finger, rub a small amount of water around the edge of each circle.
10. Scoop a small amount (a teaspoon scoop works well) of filling into the center of each pastry circle.
11. Fold the dough over in half to enclose the filling and form a semi-circle. Tightly seal the edges by crimping with the tines of a fork. At this point, the assembled empanadas may be frozen up to three months.
12. Place the empanadas on the prepared baking sheet, brush the tops with egg wash and vent.
13. Bake for 20 to 30 minutes or until the pastry is golden brown. Frozen empanadas will bake a few minutes longer.
14. Store baked empanadas covered in the refrigerator up to four days or freeze up to three months. To reheat, thaw empanadas slightly, then place in a preheated 350°F oven for 10 to 15 minutes, or until heated through.

**To make an egg wash, whisk 1 large egg, 15g (1 tablespoon) water, and ⅛ teaspoon salt in a small bowl. Egg wash may be stored covered in the refrigerator up to four days.*

RECIPE CONTINUED ON NEXT PAGE...

Beef and Cheese Empanadas with Cilantro Lime Cream (Cont.)

CILANTRO CREAM

1. In a small mixing bowl, combine the sour cream, cilantro, lime zest and juice, and cayenne, if using.
2. Season with salt and pepper to taste.
3. Chill until ready to serve. Cilantro cream may be stored covered in the refrigerator up to four days.