



chicken empanada

NIBBLEDISH CONTRIBUTOR

Ingredients

filling:

- onion
- garlic
- olive oil
- butter
- potatoes
- red bell pepper
- raisins
- pickle relish
- shredded roast chicken
- fish sauce
- worcestershire sauce
- black pepper

crust:

- flour
 - salt
 - sugar
 - butter
 - ice cold h2o
 - egg
-

Instructions

This recipe yields about 2 dozen small empanadas or a dozen large ones:

1. Prepare the filling.

a. Saute **1 small onion**, chopped & **2 cloves garlic**, minced in **2 T good olive oil + 1 T butter**

b. add:

3/4 C diced potatoes

1 red bell pepper, diced

1/2 C raisins, add more if desired

1 T pickle relish

c. Once the vegetables are cooked, add **3 C shredded (roast) chicken**.

We had leftover roast chicken so I decided to make use of the white meat.

*You may opt for **1/2 lb minced beef, pork, chicken or turkey**.*

d. season mixture with:

1 T fish sauce

1 T worcestershire sauce

pepper, according to taste

e. Once cooked, **let the mixture completely cool**. This is an important step as stuffing the pastry with hot filling would result in soggy empanadas.

2. Start working on the crust:

a. Combine:

2 C flour + 1 t salt + 1 T sugar

b. Mix **3/4 stick COLD butter** (cut into small pieces) and flour mixture with your hands (make sure they're clean!) until the mixture forms small crumbs.

c. gradually add **1/3 C ice cold h2o** (1 T at a time; mix in between each addition) until the dough forms a ball. Make sure not to overknead. That will result in a tough dough.

d. Wrap the 'ball' of dough in seran/plastic wrap and chill for 30 mins to 1 hr at the least. It's easier to work with the dough when it's cooled.

3. Assemble.

a. Prepare and dust the work surface and rolling pin with flour to avoid the dough from sticking; Preheat oven to 350dF.

b. Take a golf-ball size of dough and work the dough with a rolling pin until it's four times its original size. Start rolling from the center until it forms a bigger circle. Naturally, a small circle would produce a small empanada while a big circle, well you guessed it, produces a big-sized empanada. So adjust the size of the dough circles to how big or small you prefer the finished product to be.

c. Place 1-2 T of the filling on one side of the filling.

d. Fold one side of the dough over the filling until it touches the other edge. More advanced cooks would be able to make pretty folds along the edges, but it's much easier (while equally nice) to just seal the edges with fork. Trim the excess dough.

e. Place the empanadas on a greased baking sheet.

f. Brush the empanadas with egg wash to achieve a golden color. To make the egg wash, combine 1 egg and 1 t H2O.

e. Bake until golden.

4. Buen provecho!