

Selena + PAOLA VELEZ

EPISODE 9

INGREDIENTS

2 cups all-purpose flour,
plus more for work surface

1 tsp baking powder

1 tsp kosher salt

$\frac{3}{4}$ cup water, at room
temperature, plus more as
needed

3 tbsp vegetable oil, plus
more for cooking filling
and frying

$\frac{1}{2}$ red onion, small diced

1 tbsp garlic, minced

$\frac{1}{2}$ lb ground beef

$\frac{1}{2}$ tsp dried oregano
powder

2 tsp adobo powder

2 tbsp tomato paste

2-4 tsp fresh cilantro,
chopped

Salt and pepper, to taste

Ketchup, for serving

Mayonnaise, for serving



BEEF EMPANADA

DIRECTIONS:

1. Whisk together flour, baking powder, and salt in a large mixing bowl until well combined.
2. Make a well in the middle of the flour. Add $\frac{3}{4}$ cup water and 3 tablespoons vegetable oil to the well in the mixing bowl.
3. Using hands, mix ingredients together until dough is tacky but not sticky. If the dough is dry, add water in 1 teaspoon increments until dough comes together.
4. Form dough into a ball and place in a bowl.
5. Cover with a dish towel and let rest at room temperature for 30 minutes to an hour.
6. Meanwhile, let's cook the filling! In a large skillet, heat up your oil and add your onion and garlic. Sauté until aromatic, remove from your pan, and set to the side.
7. Add your ground beef, oregano, and adobo, and sauté until your ground beef is golden brown and delicious.
8. Add your onion and garlic mixture as well as your tomato paste and cilantro. Stir vigorously to coat the beef with the tomato paste.
9. Taste and season with salt and pepper if needed.
10. Lightly flour the countertop.
11. Divide the dough into 9 2-ounce balls.
12. Using a rolling pin, roll out each ball into a 4-inch disk.
13. Spoon 1 tablespoon beef mixture onto half of each disk, making sure not to overfill.
14. Dab finger or pastry brush in a small bowl of water, tap off excess moisture and run around the outside edge of empanada dough on half containing the filling.
15. Fold dough edges over to form half-circles; crimp with a fork to seal.
16. Place on a lightly floured rimmed baking sheet and repeat the process with the remaining dough.
17. If empanadas are too soft when you pick them up from the tray, chill ten minutes before frying.
18. Pour oil to a depth of 2 inches in a large Dutch oven; heat over medium to 350°F.
19. Working in 4 or 5 batches, fry empanadas until golden, 90 seconds to 2 minutes per side.
20. Place on a paper towel-lined plate or baking sheet.
21. Serve immediately with ketchup, mayo, or mayo/ketchup OR cool completely and chill in an airtight container for up to 5 days. Reheat in the oven.