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Cheese Empanadas



Ingredients

Egg
Flour
Salt
Ground Black Pepper
Water
Butter
Cheddar
Provolone
Mozzarella
White Spanish Onion
Spring Onion
Nutmeg
Aji Molido
Oregano
20g Pastry dough – per empanada
Cheese filling
70g Cheddar cheese
250g Provolone cheese
90g Mozzarella cheese
80g Spanish onion
30g Spring onion
3g Aji Molido
2g Nutmeg
2g Oregano
Makes enough filling for 20 empanadas

Preparation

1 Mix together the flour, salt and pepper

2 Add egg whites and egg yolk and evenly mix in

3 Add the butter and evenly mix in

4 Slowly add the water, mixing in for approximately 10-15 mins on a slow speed, then finish on a high speed for 1-2 minutes

5 Rest for one hour prior to use.

6 Peel onion and slice into thin slices, fry the onion in butter ensuring there is no colour

7 Grate the cheddar and provolone cheese and chop the mozzarella into small cubes

8 Add all of the cheeses, sauteed onion, spring onion, oregano, nutmeg, salt & pepper

into a mixing bowl and mix thoroughly

9 Break the dough into 20g balls and roll each ball into a disc about 1/2cm thick.

10 Spoon 30g of cheese mix onto the disc, slightly to one side of the centre

11 Fold the pastry in half over the top of the cheee mix to make a pasty shape and crimp the edges to seal the empanada

12 Deep fry until golden brown

Cooks Note