

Empanadas with Middle School Friends!

Recipes by Alix Vallery, MSF Program Assistant and Resident CHEF!

INGREDIENTS FOR THE DOUGH

- 3 c. all-purpose flour, plus more for surface (for gluten Free, use RYZE flour)
- 1 tsp. kosher salt
- 1 tsp. baking powder
- 1/2 c. cold butter, cut into cubes
- 3/4 c. water
- 1 large egg

DIRECTIONS for MAKING DOUGH: (use a bowl or a food processor)

1. In a large bowl, whisk together flour, salt, and baking powder.
2. Cut butter into flour using your hands or a pastry cutter until becomes pea-sized crumbs.
3. Add water and egg and mix until a dough forms.
4. Turn dough out on a lightly floured surface and knead until smooth, about 5 minutes.
5. Wrap in plastic wrap and refrigerate for at least 1 hour.



We're going to fill and assemble when we gather on February 20!

For next time . . . Preheat oven to 400° and line a large baking sheets with parchment paper. Place empanadas on prepared baking sheets and brush with egg wash. Bake until golden and filling is warmed through, about 25 minutes.

Apple Pie Filling:

- 3 large Honeycrisp apples, *peeled and diced*
- 1/4 cup **brown sugar**
- 1/2 tablespoon lemon juice
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon ground cloves

DIRECTIONS:

Place all ingredients in a medium sauce pot over medium heat, cook until apples are soft.

For all filling recipes, remember to add your own spices/ingredients that you think will taste great. Recipes are GUIDELINES, not rules!

Vegetable Filling:

- 1 pound of mushrooms (recommend oyster mushrooms), quartered or chopped
- 2 red bell peppers, chopped
- 1 bunch scallions, chopped
- 1 tsp red chili flake
- 1/2 cup monterey or cheddar cheese
- Oil for cooking

DIRECTIONS:

Preheat oven to 400 degrees. Toss mushrooms, pepper, scallions, olive oil and chili flake. Roast in oven for 12-15. Let cool. Toss with cheese and set aside.

Beef filling:

- 1 pound ground beef, turkey, or chicken
- 2 red peppers, chopped
- 1 onion, chopped
- 2 bunches scallions, chopped
- Oil for cooking

DIRECTIONS:

In large skillet over medium heat with oil, add onion, peppers and scallions and cook until soft, about 5 minutes. Add in beef/turkey/chicken, break up chunks with spoon. Add in spices. Drain fat. Add in tomato paste and cook for 6 minutes. Let cool and set aside.

Cheese Filling:

1 cup of any cheese you like!