



ARGENTINE

Empanadas de Carne

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Involved	6	1 hr	25 min	Bake	Ground beef

Ingredients

FILLING

- 500 g (1 lb) ground beef
- 2 tbsp beef fat, lard or olive oil
- 2 large onions, finely chopped
- 1 tsp sweet paprika
- 1 tsp ground cumin
- ½ tsp chilli flakes
- 1½ tsp salt
- 3 spring onions, sliced
- 2 hard-boiled eggs, chopped

FILLING (CONT.)

- 60 g (½ cup) green olives, chopped
- 40 g (¼ cup) raisins (optional)

DOUGH

- 500 g (4 cups) all-purpose flour
- 1 tsp salt
- 100 g (7 tbsp) cold butter or lard, cubed
- 180 ml (¾ cup) warm water
- 1 egg yolk beaten with 1 tbsp milk, for glazing

Steps

1. Cook the onions in the fat in a wide pan over medium heat for 12 minutes, stirring, until very soft and golden.
2. Add the beef and spices and cook over medium-high heat for 6 minutes, breaking it up, until just browned. It will finish cooking in the oven, so do not overcook it.
3. Stir in the spring onions and salt, then tip onto a tray and cool completely, about 30 minutes. Fold in the eggs, olives and raisins.
4. Rub the butter into the flour and salt until it looks like coarse crumbs. Add the water and mix to a smooth dough. Knead 2 minutes and rest 20 minutes under a cloth.
5. Heat the oven to 220°C (425°F). Roll the dough 3 mm (⅛ in) thick and cut 12 circles, 12 cm (5 in) across.
6. Place 2 tbsp of filling on each. Fold over, press the edges, and crimp with a fork or a twisted rope edge to seal.
7. Set on lined trays, brush with the egg glaze, and prick the tops once.
8. Bake for 20 to 25 minutes until deep golden. The filling should reach 71°C (160°F). Cool for 5 minutes before eating.

Notes

- **Make ahead:** freeze unbaked empanadas on a tray, then bag them; bake from frozen, adding 8 minutes.
- **Shortcut:** store-bought empanada discs work well.
- **Serving:** a squeeze of lemon and chimichurri on the side are traditional.

- **Air fryer:** cook in batches at 180°C (350°F) for 12 to 15 minutes, turning halfway, until golden and 71°C (160°F) inside. Reheat leftovers at 160°C (320°F) for 5 minutes.