

Empanadas de Pino



COUNTRY
Chile



SERVINGS

6

INGREDIENTS

For the Pino,

- 1 kilo or 2 pounds of ground beef
- 1 cup beef broth
- 3 large or 4 medium onions chopped into small cubes
- 2 tablespoons all-purpose flour
- 2 tablespoons red pepper or paprika or Merken (Chilean smoked chili)
- 1/2 teaspoon ground cumin
- salt and pepper
- 4 tablespoons oil

Optional,

- 20 black olives
- 40 raisins
- 4 hard-boiled eggs

For the dough,

- 1 cup milk
- 1 cup warm water
- 1 tablespoon salt
- 1 kilo or 2 pounds of all-purpose flour
- 4 egg yolks
- 180 grams/ 6,5 oz of melted shortening, warm

PROCEDURE

1. For the Pino, always do it the day before.

In a large saucepan heat the oil and fry the meat until lightly browned, about 8 minutes, add the paprika, salt, pepper, and cumin, saute a few minutes.

Add the broth and simmer 30 minutes over low heat. Add the onion and mix well and cook over medium heat until onion is tender about 30 minutes. Add the flour and stir well and adjust seasoning if necessary, cook two more minutes. Cool and refrigerate.

2. For the dough,

Make a brine with the milk, water, and salt, stir to dissolve the salt altogether. In a large bowl or on a stand mixer with the paddle attachment mix the flour and egg yolks, mix for a minute to incorporate.

Add the melted shortening and work a little more, at this point you will see only crumbs. To form the dough star adding the brine with the mixer running on low speed until the dough is soft and flexible. If needed, keep adding water. Separate the dough into 20 portions and cover with a moist cloth.

Work each piece individually, rolling until thin, cut in a circle about 7" and fill with two tablespoons of Pino, a quarter of hard-boiled egg, olives and raisins if desired. Close smearing the edge, press firmly and make the folds. Brush with an egg wash before baking.

3. Preheat the oven to 350F or 180C. Bake for 30-35 minutes until golden.

4. Serve hot. To reheat, do it in the oven at the same temperature for 15 minutes.